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A Feathered friend

Sarah Utterback Perez at Little River Farm said her husband was helping a customer in their farm store and when the two of them came out noticed the hawk trying to grab one of their free-range roosters and fly off with it. The two ran over and the hawk dropped the rooster. However, instead of flying away, the hawk landed on the fence right next to them. Utterback Perez was then called to see the hawk which she thought was a strange pet brought by the customer. He was even petting it (with gloves on).

See HAWK, page 5 •



BELCHERTOWN

Selectboard approves two host agreements

MELINA BOURDEAU
Staff writer

BELCHERTOWN – The Belchertown Selectboard unanimously approved two community host agreements with two marijuana cultivators at its meeting on Monday.

The two companies, Minuteman Farm and Sunflower Meadows, came before the board on multiple occasions to answer questions from the board and clarify their agreements.

Minuteman Farm proposes to have a 5,000 square-foot indoor marijuana cultivation facility in an existing building at 401 Mill Valley Rd.

According to the host agreement, Minuteman Farm will pay an annual community impact fee of 3% of the “gross wholesale value of marketable product” for five years. An annual charitable donation of \$5,000 will be made to town-related nonprofits or charities such as the Belchertown DARE program. The donation would be approved the town manager.

President of Minuteman Farm Richard Barry and Attorney Richard Maynard were present for the meeting.

Town Administrator Gary Brougham said after three to four edits of the draft, he believed it was ready to vote on.

“Be reminded that the board previously approved a very similar agreement for an applicant for the same property,” he said. “I have no concerns about this particular application.”

The previous group severed its relationship with the property owner and were no longer involved in the property, allowing Minuteman Farm to apply for the host agreement.

The second agreement, with Sunflower Meadows is a proposed two-acre outdoor cultivation facility and with a greenhouse at 0 Franklin St.

Sunflower Meadows agreed to pay a 3% community impact fee for five years as well as an annual charitable donation of \$4,000 to the Belchertown Overcoming Addiction Together and \$3,000 to Speaking Out about Addiction and Recovery and the Belchertown Police Department K-9 program.

The host agreement also included a contingency about the donation.

See BOS, page 7 •

COVID-19

Weekly cases reach new high

MELINA BOURDEAU
Staff writer

BELCHERTOWN – Following the recent holidays, the COVID-19 cases in town have spiked to its highest once again.

For the week of Sunday, Dec. 27, 2020 to Jan. 2, 2021, there were a total of 73 new cases, bringing the total cases of COVID-19 to 405. There were also three deaths related to the novel coronavirus, bringing the total deaths to 15.

Quabbin Health District Director Judy Metcalf said it was that rise that prompted her to use

See COVID, page 5 •



SEE MORE
PHOTOS ON
PAGE 13

Maren Williams celebrated the “noon” year at the event hosted by the Clapp Memorial Library last week.

Happy Noon Year!

BELCHERTOWN – Over 70 children celebrated at the Clapp Memorial Library’s Noon Year’s Eve Party last Thursday.

Families picked up party bags at from the CML and the children were very creative with decorating their hats, noisemakers and masquerade masks.

Joining Children’s Librarian Jennifer Whitehead, the group read stories, played bingo, danced and counted down to 2021!

Children were asked to think of positive things that happened in 2020. Some of their responses were new babies, having mom and/or dad working from home, swimming in grandmother’s pool, horseback riding, playing in the snow. Then they shared ways they can spread kindness in 2021 such as making people laugh, picking up litter, giving hugs, being nice and helping out at home.



Billy, Justin and AJ Moody danced around their home as part of the Noon Year’s Eve party hosted by Clapp Memorial Library.



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Belchertown strives to be 'Age and Dementia Friendly Community'

BELCHERTOWN – The Belchertown Age and Dementia Friendly Working Group, in partnership with the Pioneer Valley Planning Commission (PVPC), is seeking input from older adult residents and people who provide care for older adults in Belchertown.

The Belchertown Age and Dementia Friendly Working Group, made up of representatives from the Council on Aging, planning and other municipal departments and residents, has developed a survey to gather input from older adults and their caregivers on a number of aspects of the community that make it a good place in which to grow old. With the results of this survey, and public forums that will be scheduled this winter, the group will develop an Age and Dementia Friendly Community Assessment and Action Plan.

This report will be submitted to the AARP and Dementia Friendly Massachusetts, providing the town with official designation as an Age and Dementia Friendly Community and a road map for changes that can be made to the social and built environments to make the Town a more welcoming place for people of all ages and abilities.

"Belchertown is thrilled with the opportunity to address the needs of a growing number of our residents," said Jessica Langlois, Director of the Belchertown Senior Center. "The Senior Center remains focused on meeting the needs of older adults in the community, and the Town has been working on improving accessibility of trails and sidewalks. This project will help us to create more awareness and an understanding of the specific needs of our older population."

The Age and Dementia Friendly Belchertown project is part of a larger Age Friendly Pioneer Valley initiative that the PVPC is leading with funding from the Tufts Health Plan Foundation. Through this initiative, PVPC is providing technical assistance to communities in the PVPC service area (Hampden and Hampshire Counties) to help them become Age and Dementia Friendly and to complete community assessments and action plans. Currently the towns of Agawam, Northampton and South

Hadley are also working on various stages of community assessment, and additional towns are in line for technical assistance starting in July of 2021.

The initiative also includes quarterly meetings of an Age Friendly Pioneer Valley Collaborative, where individuals from communities working on Age and Dementia Friendly activities can share information and experience and learn from experts in the "eight domains of livability," the World Health Organization's model for the aspects of the social and built environments that contribute to a community's Age Friendliness.

"We are excited to be assisting the communities in our service area to become more Age and Dementia Friendly," commented Becky Basch, Senior Planner with the Pioneer Valley Planning Commission. "The COVID-19 pandemic has accentuated issues such as social isolation and transportation that many older adults face in non-COVID times. We believe it's a critical time for all communities to understand how the social and built environment can support the needs of older adults so that they can participate more fully in their communities."

The Belchertown Livable Community Survey is posted on the Council on Aging website at https://www.belchertown.org/council_on_aging_senior_center/index or in hard copy form (contact the COA at 413-323-0420 to request a hard copy). All respondents may enter a drawing to receive a Stop and Shop gift card. For more information on the Age Friendly Community effort, contact Becky Basch at bbasch@pvpc.org.

Survey Link: <https://forms.gle/CwCNvWdAkNFT2Vcd7>

Contacts:

Becky Basch, Senior Planner, Pioneer Valley Planning Commission – 802-245-4002, bbasch@pvpc.org

Jessica Langlois, Belchertown Council on Aging – 413-323-0420, jlangois@belchertown.org

Doug Albertson, Town Planner, Town of Belchertown – 413-323-0407 ext. 320

DREAM team seeks members

BELCHERTOWN – The Belchertown Public School District is encouraging students, educators, administrators and family members to apply to become a member of the Diversity, Respect, Equity, Action and Multiculturalism (DREAM) Team.

School community members who are interested in shaping the direction and next-steps of the districtwide equity work are invited to apply and be a part of this group, which will be facilitated by equity-in-education leaders from the Collaborative for Educational Services (CES). In order to ensure that members from across the school community are involved, one of the first steps in this process will be to convene this facilitated group comprised of students, parents/guardians, educators and administrators that meets monthly to advise district leadership, building leadership and school committee on issues of equity.

Together, the group aims to do the following:

- Develop shared meaning about relevant terms and concepts (e.g. equity, racism, ableism, sexism, etc.);
- Explore district and school-level data that can uncover gaps in equity;
- Develop an equity-focused action plan for the 2021-2022 school year. Members should be able to participate in meetings from 9 a.m. to 11 a.m. on the following Wednesdays: Jan. 27, March 3, March 31, May 5, June 2, 2021. Applicants must be willing to productively engage in a relational, respectful and dialogic process with each other, with students, and with other members of the school community. To apply, go to the following link:

https://docs.google.com/forms/d/1M-TaH5UwYqieci0HcU__qIdaQgjuxYcpMyKEwIMockRc/edit?ts=5f76318c&gxids=7628

Interested applications are asked to complete and submit the form below by Tuesday Jan. 12.

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DOWNTOWN NORTHAMPTON

Stantec as a winner of 2020 Silver Engineering Excellence Award for Hatchery Project

BELCHERTOWN – The American Council of Engineering Companies of Massachusetts has named Stantec as a winner of their 2020 Silver Engineering Excellence Award for their work on the Hatchery Pipeline and Hydroelectric Project in Belchertown.

The Hatchery Pipeline and Hydroelectric Project brought a new, more reliable, energy efficient supply of water to the McLaughlin Hatchery. The gravity-fed pipeline required coordination with multiple state agencies, and significant environmental considerations including protecting the endangered Wood Turtle. As an added value, a hydropower turbine was added to utilize the power within the flowing water, delivering cost and energy savings.

The McLaughlin Fish Hatchery in Belchertown, is the largest hatchery in Massachusetts, annually supplying more than half the stock of fish produced by the Massachusetts Division of Fisheries and Wildlife that are released into more than 500 lakes, rivers, streams and reservoirs. Historically, the water supply for the hatchery came from the Swift River, which involved many long-standing concerns for the hatchery and state agencies.

Stantec successfully completed this Hatchery Pipeline and Hydroelectric Project to MWRA's specifications, on schedule and within budget. They placed a gravity-fed pipeline that delivers 6 million gallons of water a day and used a hydro-power turbine to capture the energy.

"The Engineering Excellence Awards program recognizes engineering firms for projects that demonstrate a high degree of achievement, value and ingenuity," said Jennifer Howe, President of the American Council of Engineering Companies of Massachusetts and Principal and Vice President at SMMA, Symmes Maini & McKee Associates. "Entrants are rated by an independent panel of judges from the



COURTESY PHOTO

Stantec recently received a Silver Engineering Excellence Award for its project at the McLaughlin Fish Hatchery in Belchertown.

architectural community, the construction industry, academia, the media, and the public sector on the basis of uniqueness and originality; future value to the profession and perception by the public; social, economic and sustainable development considerations; complexity; and successful fulfillment of the client/owner's need, including schedule and budget. We congratulate them and thank them for their contributions to improving the quality of our everyday lives."

The 2020 Engineering Excellence Awards were recently announced and will be celebrated at the 2021 ACEC/MA Engineering Excellence and Awards Gala. The awards celebrate innovation, ingenuity, and excellence in engineering achievement.

About ACEC/MA

The American Council of Engineering Companies of Massachusetts (ACEC/MA) is the business association of the Massachusetts and Rhode Island engineering industry, representing over 120 independent engineering companies engaged in the development of transportation, environmental, industrial, and other infrastructure. Founded in 1960 and headquartered in Boston, MA, ACEC/MA is a member organization of the American Council of Engineering Companies (ACEC) based in Washington, DC. ACEC is a national federation of 51 state and regional organizations. For more information on ACEC/MA, visit their website at www.acecma.org.

Open air burning season starts Jan. 15

BELCHERTOWN – Open Air Burning Season for domestic tree trimming begins Jan. 15, 2021 and runs through May 1, 2021.

A permit/registration number is required. Please complete the bottom portion of a burn permit registration form located on our website: www.belchertown.org/fire. Please click on the word "Application" found on the website to bring up the registration form. Fill in the bottom portion of the form. Print the Form. And either bring this completed form to the Fire Dept. at 10 North Main St. and place in white metal mailbox on front door with \$ 10 fee attached (exact amount in cash or check payable to "Town of Belchertown") or mail the completed form to: Belchertown Fire Dept. PO Box 1074, Belchertown, MA 01007.

Once this form is received, the department will email your registration number along with all necessary information on activating your permit on any day you wish you burn. Please be sure and include a mandatory email address on your form.

Belchertown Recreation Dept. offers skis

BELCHERTOWN – The Recreation Department wanted to thank everyone who has been cleaning out their basements and garages in the last few months.

The department has a number of sports equipment that has been donated. For anyone interested, with the snow that just arrived, the department has an overwhelming number of all different brands of ski's.

Please stop by the Recreation Center to browse and help yourself.

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Courtesy graphic

COVID • from page 1

the town’s alert system.

In her message, Metcalf informed the public of the recent numbers and recommended that people be vigilant.

“We have the vaccine and that’s the hope in this battle, but in order to reach better days, everyone needs to do their part,” Metcalf said.

She said there are a number of challenges posed by such high cases, which “can take on a life of their own.”

One challenge realized following the robocall was that many residents did not receive it, Metcalf said a little under half the registered callers on the list received the call.

People can sign up for the emergency notifications at <https://belchertownma.bbcportal.com/>.

“I recommend that residents double check that the right number is listed, it’s an important emergency notification system,” Metcalf said.

The rise in numbers can be attributed to two factors during the recent holidays – people gathering and lab closures.

“What we’re seeing are the Christmas and the beginning of the New Year’s numbers,” Metcalf said. “We’ll see what next week brings, we may hit a peak, level off and go down or we could see another

peak.”

Numbers are slightly delayed due to the holidays, Metcalf said, which will occur in next week’s data due to New Year’s Day.

“The labs are skeleton crews on Sundays, labs are normally Monday through Friday operations,” Metcalf said. “The only ones that are open are hospitals and ERs. So there may still be samples getting taken, but that doesn’t mean they’re getting processed.”

There will be upcoming discussion on the cases in town, with a COVID-19 Task Force meeting on Thursday evening and a Board of Health Meeting on Monday, Jan. 11.

The Board of Health was set to vote on continuing to stay in Phase III Step I of Gov. Charlie Baker’s reopening plan, which he scaled back effective on Dec. 26 until Jan. 10.

Metcalf said the rollback makes the board’s vote a moot point and while the board can be stricter than the state, she doesn’t find it wise.

“People and businesses don’t have the assistance to be able to be closed. That’s something that can’t be done on the municipal level,” Metcalf said. “As far as recreation, gatherings, etc. – that’s a different ball park where we can step in and limit or stop. But I don’t think we should go lower than 25% capacity.”

HAWK • from page 1

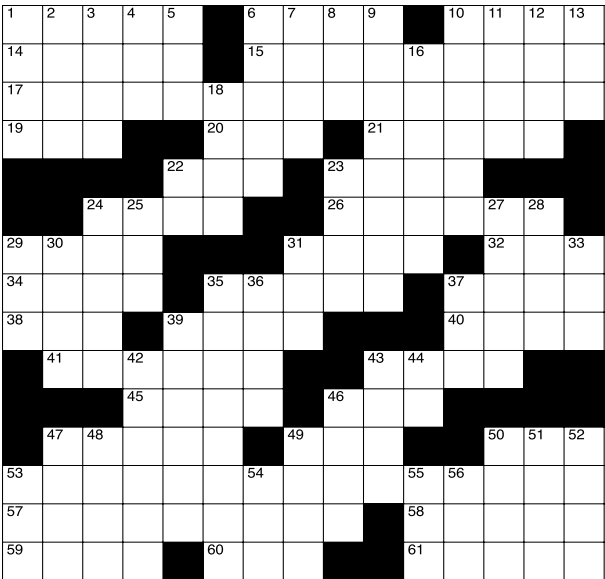
The hawk stuck around for at least 10 to 15 minutes while the group was talking and taking photos.

Eventually Utterback Perez’s husband put the stick out which the hawk stepped right on, and he was going to walk it somewhere else, but the group realized it would fly right back. He brought it to the end of the driveway and got it off the stick, it stayed in a bush there for a while but flew back and chose different spots around our farm throughout the rest of the day trying to hunt chickens.

Luckily, they have a livestock guardian dog that deterred the hawk from swooping

down again.

“We have been free ranging all of our chickens for about a year and a half and had only ever lost one to a hawk before this, and that was last year before we had the dog,” wrote Utterback Perez. “I know this is their extra bold hunting season, I guess we were lucky last year! It was a juvenile red-tailed hawk, and we and the neighbors have seen it and another smaller one multiple times since then.”



BCTV live streaming channel 191 and archived shows

STAFF REPORT

BELCHERTOWN – Because more people are using the internet to provide programs, broadcasts and TV service, BCTV is live streaming Channel 191, making town government, public events, and school activities available to all.” Streaming Channel 191 is a first step in that direction.

There are three ways you can access streaming Channel 191:

- On any internet connected device by going to belchertownctv.viebit.com
- The Belchertown web site has a link on the Home Page (Belchertown.org). Click on “Public Meetings online” and then find “BCTV To watch channel 191 go to,” and then click on the internet address.
- Also, on the Belchertown Home Page you could click on “Residents,” click on “Belchertown Community TV,” and then click on “Watch Channel 191 Live Streaming.”

BCTV are trying to put information on how to access live streaming Channel

191 in as many places as possible. You can see how to access streaming Channel 191 in the Sentinel on the bottom of the weekly schedule and on the BCTV slides constantly running on Channel 192.

In addition to streaming, BCTV archives past shows. BCTV saves approximately one year’s worth of past shows online. Most past shows are available for viewing within a week of their initial on-air broadcast and there are two ways to access them:

- Go to the Belchertown Home Page (Belchertown.org), click on “Residents,” click on “Belchertown Community TV,” and then click on “Watch Previous Belchertown Meetings.”
- On the Belchertown Home page, you can click on the “Public Meetings online” and then click on “BCTV, To watch previously recorded committee meetings go to,” and click on the internet address provided.

BCTV is always open to suggestions on how it can improve its services. You can get in touch with BCTV via email at Channel5@belchertown.org anytime.

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We Have Openings

**TOWN OF BELCHERTOWN
FIRE CHIEF**

The Town of Belchertown is seeking applications for the full-time position of Fire Chief. This is a non-civil service position.

The purpose of this position is to provide highly responsible supervisory and administrative work in planning, organizing, budgeting, staffing, managing and directing all administrative and technical aspects of the Town’s Fire-Rescue Department to include Fire Prevention and Education, Suppression, Emergency Medical Services (EMS) and manmade disasters and emergency medical conditions. The Fire Chief is responsible for maintaining and improving upon the efficiency and effectiveness of all areas under his/her direction and control.

Belchertown Fire-Rescue employs 16 full-time Firefighter/Paramedics, a Volunteer Call Force of approximately 35 Volunteer Firefighters who are very involved in this department. The FY21 departmental operating budget is \$1,895,030. The position’s salary range is: \$93,031-\$118,759. Residency within 12 air miles of the Belchertown Fire-Rescue Headquarters is highly desirable.

A job description for this position and an employment application are available by calling the Office of the Board of Selectmen (413-323-0403). The deadline to apply is 4:00 p.m. on February 5, 2021.

**INVITATION FOR BIDS
WESTOVER MUNICIPAL GOLF COMMISSION
FERTILIZER, PESTICIDE & SEED**

The Westover Municipal Golf Commission will receive bids for Fertilizer, Pesticide and Seed plus other misc. items for use at Westover Golf Course as needed for the period beginning April 1st, 2021 through December 31st, 2021. Specifications may be picked up at the Maintenance Dept. at the Golf Course, Monday through Friday 8 a.m. to 2 p.m. beginning January 6th, 2021, 8 a.m. Sealed bids will be accpeted until 1 p.m. on February 2nd, 2021. Bids will be opened on Tuesday, February 2nd, 2021 at 7:15 p.m. by the Westover Golf Commission at the Ludlow Town Hall, Hearing Room #1. All bids must be marked ‘Bids for Fertilizer, Pesticide & Seed.’

Mail to: Westover Golf Commission, c/o Ludlow Town Hall, 488 Chapin St., Ludlow, MA 01056

The Town of Ludlow/Westover Golf Commission reserves the right to accept or reject any or all bids in the best interest in the Town of Ludlow.

OPINION

GUEST COLUMN

All-America selections for 2021 named

With the holidays behind us it's time for a pick-me-up. Nothing cheers me more than dreaming about my next garden. I love the early planning stage most of all and it starts about this time each year. Seed catalogs begin to arrive in the mail and the glossy photos and "flowery" dialogue lure me to open the pages and curl up with a notebook and a warm cup of tea. I began this yearly ritual over three decades ago and it never grows old. Perhaps you are a like-minded soul who also thinks this is a good way to pass a cold winter evening.

When perusing the catalog, no doubt you will come across the All-America Selections badge of honor next to certain flower, herb, perennial or vegetable varieties. What exactly does it mean to be an AAS winner? You'll be glad to learn more about this trusted organization and what receiving its award means for your garden.

For the last 88 years, the distinction of All-America Selection has been bestowed on new, worthy cultivars of our favorite plants. They are awarded this honor after thorough testing at independent trial grounds throughout North America, with the nonprofit organization's motto being "tested nationally and proven locally." AAS judges compare new flower introductions to those that are already on the market, searching for such desirable characteristics as novel flower color and form, fragrance, length of flowering and disease or pest tolerances or resistance. Vegetables are evaluated similarly, with judges contrasting uniformity, ease of growth, harvest-time and disease tolerance and more with already established varieties. After assessing the plants throughout the growing season scores are tabulated and those with the highest average are considered to be worthy of an AAS award. Let's learn more about two of this year's winners.

Celosia Kelos Candela Pink is a 2021 AAS flower winner. For those of you who know and love plumed celosia, this is your pick. Judges touted this plant as an "Energizer Bunny" bloom-wise. Foot tall bright deep pink flower spikes rise above foliage that tops off just under two and a half feet tall. Flowers are long-lasting and unlike some celosia, keep their color throughout the season. Judges agree that Kelos Candela Pink is great filler for mixed containers, adding height and textural interest but it also succeeds as a landscape plant either in mass plantings or borders. Reportedly it also dries well too, although I will believe it when I try it for myself since most celosia are prone to shattering. This AAS winner is available in plant form only.

Another winner that I am very excited about is Zinnia Profusion Red Yellow Bicolor. This new addition to the ever-popular floriferous and disease resistant 'Profusion' series starts out with a vibrant red center surrounded by golden yellow petals only to transform into shades of pink, apricot and salmon as it ages. Perhaps the next best attribute of this winner after its alter color ego is that it maintains a compact size of about a foot tall. This winner is versatile, too, succeeding in containers, hanging baskets, mixed plantings and en masse. Another bonus: pollinators love it! Profusion Red Yellow Bicolor is also the recipient of the Fleuroselect Gold Medal award for performance in European trials.

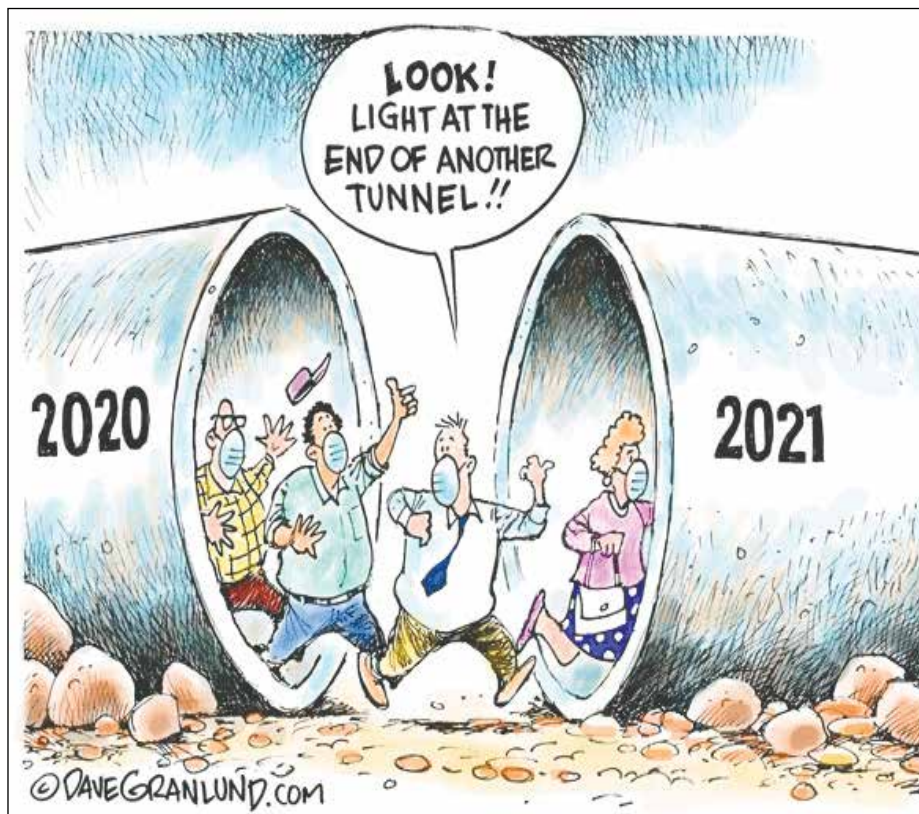
Because testing is local, I feel confident when I purchase plants or seeds of past or present AAS winners and with proper care they should live up to their description in my own garden. For more information and a full list of winners past and present, log on to www.all-america-selections.org. Here you will find many steady Eddies of the garden world.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.

ON THE GARDEN



Roberta McQuaid



GUEST COLUMN

History Matters

JOHN GRIMALDI AND DAVID BRUCE SMITH
Guest columnists

January 1 to January 15

Whatever you call it: "Continental Colors," "Congress Flag," "Cambridge Flag," or "Grand Union Flag," it was the first national flag of the United States. According to historical lore, George Washington unveiled it Jan. 1, 1776, during the American Revolution, but the stars and stripes motif encompassed a replica of the British flag in the upper left-hand corner.

"It was sort of a compromise between the radicals who wanted to see a separate nation, and the people who were more conciliatory, and wanted to see some accommodation with the crown," according to historian and flag expert David Martucci.

The History Channel noted in June of 1777 that "the Continental Congress adopted a resolution stating, 'the flag of the United States be thirteen alternate stripes red and white' and that 'the Union be thirteen stars, white in a blue field, representing a new Constellation.'"

To learn more, the Grateful American Book Prize recommends Kevin Keim's and Peter Keim's "A Grand Old Flag: A History of the United States Through its Flags."

It is difficult for the iPhone generation to fathom the complexities of communication throughout history. For decades, telephones used hard-wired landlines to commence a call. And before that: the telegraph — an invention by Samuel Finley Breese Morse, who demonstrated its "efficiency" via an electrical impulse on January 6, 1838. It came with a code that Morse created using dots and dashes—instead of the alphabet—to move a message from point A to point B.

He formulated the idea in 1832; by 1838, with the assistance of his two partners, Leonard Gale and Alfred Vail, he had a working model. Morse requested funding from Congress to make the prototype. It

included construction of overhead wires between Washington, D.C. and Baltimore, Maryland, but the legislators demurred.

Five years later, he garnered the approval, and the money, to proceed; on May 24, 1844 Morse sent his first telegraphic message: "What hath God wrought."

For more information, the Grateful American Book Prize recommends Lewis Coe's "The Telegraph: A History of Morse's Invention and Its Predecessors in the United States."

The U.S. Constitution was signed into law by the delegates of the Constitutional Convention in September of 1787. It structured the federal government, explained the essential laws of the country and guaranteed basic rights for every citizen.

But it was not the first American Constitution. That inaugural document was written and adopted on Jan. 14, 1639, by the settlers from the original Massachusetts Bay Colony, who had migrated to the Connecticut River Valley. It was known as the Fundamental Orders.

According to History.com, "Roger Ludlow, a lawyer, wrote much of the Fundamental Orders, and presented a binding and compact frame of government that put the welfare of the community above that of individuals. It was also the first written constitution in the world to declare the modern idea that 'the foundation of authority is in the free consent of the people.' In 1662, the Charter of Connecticut superseded the Fundamental Orders, though the majority of the original document's laws and statutes remained in force until 1818."

For more information, the Grateful American Book Prize recommends A. Chamberlain's "The First Constitution Of Connecticut: The Fundamental Orders."

History Matters A biweekly column courtesy of The Grateful American Book Prize, which show's the nation's children that their past is prelude to their future.

Turley Publications Letters to the Editor Policy

Letters to the editor should be 350 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources. Send letters to: Sentinel Editor Melina Bourdeau, 24 Water St., Palmer, MA 01069 or via email to sentinel@turley.com. The deadline for submissions is Friday at 5 p.m.

SENTINEL

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Voice



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■ SENIORS

New senior outreach program

STAFF REPORT

BELCHERTOWN – In light of the COVID-19 pandemic, the Quaboag Valley Community Development Corporation (QV CDC) in Ware has expanded its Senior Outreach Program to include seniors living in Belchertown.

The Senior Outreach Program has a team of chore providers available to do errands, such as grocery shopping and prescription pick-ups, so that seniors can remain safely at home. These services are provided at no cost to residents of Hardwick, Ware, Warren and now Belchertown who are over the age of 60 and meet certain income eligibility requirements.

Chore providers have all passed a background check and are available on weekdays on a first-come, first-served basis. At least one day’s notice is required. There is no personal care aspect to this program and chore providers are not allowed to enter seniors’ homes. Chore providers will wear masks and gloves during their interactions with seniors.

Please call Melissa at the Quaboag Valley Community Development Corporation at 413-967-3001 for more information and to see if you qualify.

This project was funded through the U.S. Department of Housing and Community Development, Massachusetts CDBG Program. Projects are developed and administered by the local officials with the assistance of the Pioneer Valley Planning Commission (PVPC).

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BOS • from page 1

“SFM agrees to such annual payments except in the event of a catastrophic crop loss or failure resulting in zero or negative net annual income,” states the host agreement. “In such event, the Town agrees to waive the annual charitable contributions contemplated in this section. Catastrophic crop failure is a risk of any outdoor crop and includes, but is not limited to: hail, severe weather, pest infestation, mold, floods or droughts.”

Sunflower Meadows also included language to work with neighbors to address concerns and issues related to the facility.

Selectboard Chair Gail Gramrossa explained what the next steps were for the two companies.

“You’ll be going in front of the Planning Board next and obviously dealing with the state licensing process as well,” she said.

Following its vote, Gramarossa said she proposed revisiting the town’s marijuana bylaw.

“As I have looked at our current marijuana bylaw, which was approved in 2018. (I was) looking at some of the language in the town of Barre’s bylaw, because they were the first to not only deal with outdoor cultivation, but they’ve had some other unique aspects of marijuana establishments in their town. I am not trying to usurp the planning board, but we may want to take a look at that bylaw,” Gramarossa said.

She suggested that the board look for language to specify the number of retailers that the town would want, for example based on the number of off-premises alcohol licenses there would be a cap of 20% which would be the number of marijuana retailers.

“Our current bylaw says nothing about that,” she said. “Obviously, a bylaw update is a multi-step process both with the planning board, public hearings and ultimately going in front of town meeting. So we know it’s not an immediate process.”

Gramarossa said she believed it would be helpful to clarify the language in the bylaw regarding indoor and outdoor cultivation and the number of retailers.

The town also received an inquiry regarding “social consumption sites” which is where people can go to a location to use marijuana products.

Gramarossa said the town does have information about social consumption sites in its existing marijuana bylaw.

Selectboard members Ed Boscher and Nick O’Connor briefly expressed their support of looking at the marijuana bylaw.



COURTESY PHOTO
(From left to right)
Meals on wheels volunteer Becky Martin, CJ Martin, Sen. Eric Lesser, Executive Director of the Belchertown Senior Center Jessica Langlois and Activities and Volunteer Coordinator Katy Martin met in December to recognize the meals programs the center provides.

Senior meals recognized by Lesser

BELCHERTOWN – Sen. Eric Lesser recently visited the Belchertown Senior Center to recognize its meals program.

The Belchertown Senior Center makes 2,400 meals a month for Meals on Wheels.

It also has a Brown Bag pantry through Food Bank of Western Mass and the Amherst Survival Center provides monthly boxes of food including perishables for pick up.

Eagle Hill School

242 Old Petersham Road, Hardwick 01037 • 413-477-6000

HELP WANTED OVERNIGHT AWAKE STAFF MEMBER

Eagle Hill School, a college-prep board school specializing in educating bright children with specific learning disabilities, seeks an Overnight Awake Staff Member to join our residential team. This part-time position requires a person to be dependable, caring, and responsible for assisting with assisting with program areas, the overnight safety of 200 boarding students and all buildings on a 200 acre campus. Hours: Friday-Sat. 7pm-3am. Pay: Hourly (commensurate with experience). Start immediately.

WEEKEND COUNSELOR

For the academic year running September – June, and summer program needs in July:
Hours: Friday: 3pm-11pm, Saturday: 9am-11pm, Sunday: 9am-5pm, Optional: Sunday 5pm – 8pm

A Weekend Counselor is responsible for enhancing the quality of life in the dorms as part of the Eagle Hill Student Life program. This includes fostering a cooperative and considerate residential learning community for all students. The position carries a wide range of duties, responsibilities and requires a high level of commitment of both time and effort. A Weekend Counselor plays a central role in building a residential community for the students

Responsibilities:

- Responsible for supporting the student body in their effort to generalize daily living skills.
- Responsible for the smooth operation of the dorm floor, Student Life program, safety and productivity for 15-20 students.
- To serve as a role model by demonstrating responsible behavior, integrity and good judgment.
- Collaborating with faculty serving a Student Life shift, to maintain an organized and consistent dorm floor.
- Enforce rules and ensure adherence to the Student Code of Conduct and dorm floor expectations.
- To listen and provide an empathetic ear and sound judgment by helping students come to their own conclusions about how to address problems.
- To take part in planning and supervising both on and off campus activity programming for students.
- To collaborate information and activities with weekday dorm counselors.
- To assume other responsibilities as assigned by the Director of Weekend Services.

Specific duties:

- Be available to reside overnight in the residence halls.
- To provide active leadership in a variety of activities throughout the Student Life program.
- As an information resource, a weekend counselor is expected to help students deal with conflicts by adopting impartial solutions to issues that arise. When necessary, weekend counselors will collaborate with Director of Weekend Services, Student Life administrators, and/or a student’s advisor.
- Attend appropriate training sessions when they arise.
- To complete all necessary reports and records needed for Eagle Hill School.
- Specifically, the entering of log notes pertaining to contributions to the community or interactions with students, both positive and negative.

EDUCATION

Jabish Brook Middle School
quarter one honor roll

STAFF REPORT

BELCHERTOWN – The following students received high honor roll or honor roll in the first quarter of the year at Jabish Brook Middle School.

Grade 8 High Honors:

Kamilah Acosta-Morales, Alexia Albu, Zander Auffrey, Alexandra Barabolkin, Jackson Benedetti, Jack Bergeron, Luke Bergeron, Meera Berryhill, Samantha Causeway, Liam Chien, Mia Corish, Alyssa Courchesne, Julianne Cozine, Lilah Dean, Jillian DeBarge, Trenton Harper, Lucia Hellyar, Benjamin Les, Sienna Ljungberg, Andrew Martin, Joshua Misiaszek, Allison Morris, Shanelle Nganga, Nicholas Rettura, Margaret Ryczek, Varvara Sas, Liam Spraggon, Addison Sullivan, Reegan Sullivan, Brycen Vann and Jordan Wetherell.

Grade 8 Honors:

David Akodu, Matthew Allen, Gavin Boisjolie, Beverly Brittain, Madyson Burns, Senem Cayan, Kaia Couture, Juliana Dragon, Veronica Dymkowski, Cooper Ferguson, Evan Ferguson, Kaley Fletcher, Aubrey Harrington, Liam Howard, Daniel Hulmes, Gabriel Ibekilo, Nicholas Ibekilo, Jada Kelley, Samuel Lauzier, Alexander Leahy, Noah Les, Jack Mandeville, Kate Mark, Isabella Martins, Ian McDonald, Rocco Meausky, Chloe Moss, Colin Mullen, Zachary Mullen, Ethan Murphy, Kanyinsola Okuwobi, Jacob Payne, Gianna Picardi,

Daniel Rackliffe, Brianna Ribeiro, Alexis Romaniak, Natalie Rose, Vivian Ross, Adison St.Germaine, Maya Tellier, George Wheeler, Howard Wichert, Pierre Willems, Valerie Willams and Emma Yurkunas.

Grade 7 High Honors:

Abigail Almeida, Edith Audette, Jaden Bean, Mackenzie Burch, Sofia Cofone, Logan Duke, Morgan Dulude, Lila Goodrich, Ryan Gould, Cooper Hampson, Jillian Harper, Brooklyn Keeler, Anastasia Kofides, Nikki Kofides, Alex Longridge, Matthew Mahaney, Nathan Marino, Molly Mazzaferro, Miles McNamara, Mya Philpott, Austin Raymer, Camryn Scoon, Hanna Smolinski, and Vincent Ting.

Grade 7 Honors:

Olivia Bailey, Lucas Bermudez, Lily Carr, Canyon Charron, Chase Connor, Mya Couse, Noah Couture, Josalyn Currier, Abbigail Deren, Luke Dudek, Jenna Fletcher, Madison Fontaine, Graham Guardenfield, Izabella Haggerty, Eric Hawkins, Avigail Heroux, Camryn Kaczowka, Jordan Kalish, Alexa Karabetos, Wyatt Kendall, Sadie-Louise Krause, Clara Lambert, Cadence Laplante, Collin Laragy, Jannah Leclerc, Hannah Mandeville, Morgan Marshall, Isabel Moreau, Thomas Normandeau, Evan Perkins, Noel Plumadore, Aleksandra Randall, Destiny Ranzie, Brennan Real, Gia Ronkese, Dayne Shanley, Arabella Smith, Loralai Smith, Max Suchecki and Partick Wallace.

College NOTES

Kaitlyn Foley makes Goodwin Dean’s List for Summer 2020

EAST HARTFORD, CT – Kaitlyn Foley has earned a spot on the Goodwin University Dean’s List for Summer 2020.

Kaitlyn, a student from Belchertown, is one of 949 students to make the Dean’s List, reserved for those who demonstrate great academic performance.

Dean’s List inclusion requires a student to earn a minimum 3.5 GPA, the equivalent of an A- average, during a given academic session. The student must also be enrolled in a minimum of six academic credits to qualify.

Goodwin University congratulates Kaitlyn on making the Dean’s List and demonstrating such a high standard of excellence in the classroom and beyond.

Goodwin University in East Hartford,

Connecticut, is an innovative learning community that empowers hard-working students to become sought-after employees. We tailor our programs to address the needs of employers, and we shape them to fit the lives of students. Classes are conveniently offered year-round - days, evenings, weekends, and online. Degrees may be flexibly layered across certificate, associate, bachelor’s, and master’s programs in a variety of in-demand fields. Better still, we surround our students with the personal support and the professional guidance they need - not just to earn degrees, but to change lives for themselves, their families, and their communities. For more information, please visit www.goodwin.edu.

Students named to the University of Vermont Dean’s List

BURLINGTON, VT – To be named to the dean’s list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

Grace Labich of Amherst
Rachel Oram-Brown of Amherst
Emily Rosenberry of Amherst
About UVM

Since 1791, the University of Vermont has worked to move humankind forward. Committed to both research and teaching,

UVM professors -- world-class researchers, scholars, and artists -- bring their discoveries into the classroom and their students into the field. Located in Burlington, Vermont, one of the nation’s most vibrant small cities and top college towns, UVM is a Public Ivy and top 100 national research university educating 10,700 undergraduate students, 1,627 graduate students, 776 certificate and non-degree students, and 478 M.D. students in the Larner College of Medicine.



New Senior Outreach Program
For Belchertown Seniors

In light of the Covid-19 pandemic, the Quaboag Valley Community Development Corporation (QV CDC) in Ware has expanded its Senior Outreach Program to include seniors living in Belchertown. The Senior Outreach Program has a team of chore providers available to do errands, such as grocery shopping and prescription pick-ups, so that seniors can remain safely at home. These services are provided at no cost to residents of Hardwick, Ware, Warren and now Belchertown who are over the age of 60 and meet certain income eligibility requirements. Chore providers have all passed a background check and are available on weekdays on a first-come, first-served basis. At least one day’s notice is required. There is no personal care aspect to this program and chore providers are not allowed to enter seniors’ homes. Chore providers will wear masks and gloves during their interactions with seniors.

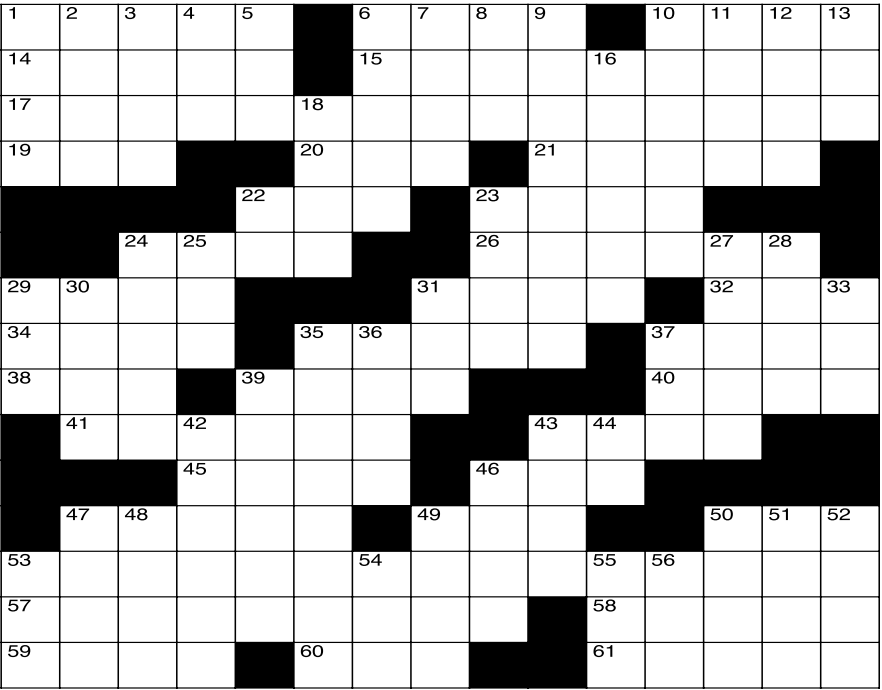
Please call Mary at the Quaboag Valley Community Development Corporation at 413-497-4407 for more information and to see if you qualify.

*This project was funded through the U.S. Department of Housing and Community Development, Massachusetts CDBG Program. Projects are developed and administered by the local officials with the assistance of the Pioneer Valley Planning Commission (PVPC).



Call 413-967-3001 for more information

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CLUES ACROSS

- 1. Partner to “oohed”
- 6. Relaxing places
- 10. Humorous monologue
- 14. Simple elegance
- 15. Bearable
- 17. Disobedience
- 19. Express delight
- 20. Gov’t attorneys
- 21. Wake up
- 22. A type of band
- 23. Remain as is
- 24. Turfs
- 26. Battle-ax
- 29. Volcanic crater
- 31. The mother of Jesus
- 32. One’s life history
- 34. “Rule, Britannia” composer
- 35. Doubles
- 37. Jacob __, American journalist
- 38. House pet
- 39. S. African river
- 40. Broad sashes

- 41. Establish as a foundation
- 43. KGB double agent Aldrich __
- 45. Part of a book
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Train group (abbr.)
- 50. Frames per second
- 53. Have surgery
- 57. Formal withdrawal from a federation
- 58. Guitarist sounds
- 59. Greek war god
- 60. 2,000 lbs.
- 61. Helps escape
- 5. Upper class young woman
- 6. Part of a purse
- 7. Self-contained units
- 8. Boxing’s GOAT
- 9. Legislators
- 10. Flightless birds
- 11. U. of Miami’s mascot is one
- 12. Floating ice
- 13. Low, marshy land
- 16. Seldom
- 18. Lyric poems
- 22. Law enforcement agency (abbr.)
- 23. Full extent of something
- 24. __ Claus
- 25. Naturally occurring solid material
- 27. Acquired brain injury behavior science (abbr.)
- 28. Thirteen
- 29. Partner to cheese

CLUES DOWN

- 30. Member of a Semitic people
- 31. One thousandth of an inch
- 33. Former CIA
- 35. Most lemony
- 36. Engage in
- 37. Small Eurasian deer
- 39. Provisions
- 42. All humans have them
- 43. Swiss river
- 44. Storage term (abbr.)
- 46. Famed Broadway lyricist Sammy
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Egyptian sun god
- 50. Flute
- 51. Flew off!
- 52. Scottish tax
- 53. Young women’s association
- 54. Populous Brazilian city
- 55. Malaysian Isthmus
- 56. Pointed end of a pen

EDUCATION

Belchertown children's meals program menu

For the week of Jan. 11 to 15

Note: Tuesday through Thursday are small meal kit items

Monday

Breakfast: mini-waffles and fruit.
Lunch: barbeque chicken sandwich, fries and fruit.

Tuesday (Small Meal Kits come home)

Breakfast: cereal bar, yogurt and 100% fruit juice.

Lunch: cheese pizza, Caesar salad and school baked cookie.

Wednesday - Curbside Meal Kit Pickup at BHS 11 a.m. from 1 p.m.

Remote learning day, no in school meals.

Thursday

Breakfast: cereal, cheese stick and 100% juice.

Lunch: chicken and cheese quesadillas and fiesta black bean and corn salad.

Friday - Small meal kits come home and orders due today for week four

Breakfast: muffin and fruit.

Lunch: 7 to 12 pulled pork sandwich, K to 6 hamburger and fries and fruit.

Note

Pre-k and Kindergarten will offer a daily in-school alternative choice: Muffin, yogurt, vegetable, fruit, and milk

Grades 1 through 6 will offer a daily in-school alternate choice: Sunbutter and Jelly sandwich, vegetable, fruit and milk

Grades 7 to 12 will offer daily in-school alternative choices: pizza station, deli bar and pre-made salads

Pathfinder student finds his career choice while seeing life through a lens

JONAH SNOWDEN
jsnowden@turley.com

PALMER – What started off as a hobby for Pathfinder Regional Vocational Technical High School junior Michael Gilbert has turned into a potential life-long career.

Even before he earns his high school diploma, Gilbert, of Belchertown, is already a professional photographer and filmmaker.

While attending Pathfinder to study advanced manufacturing, Gilbert said his passion for film grew during his freshman year. Already into making videos with his friends, the arts of photography and videography were something Gilbert gravitated to organically. This hobby of his elevated to something more serious after Michael's parents, Tina and Paul Gilbert, bought him his first professional quality camera.

During August of 2019, Gilbert decided to search for people to work with and discovered the power lifting company Gorilla Headquarters in Holyoke. After working closely with them and producing photo and video content for the company, Gilbert expanded his services to other companies, such as F45 Training in Hadley, ASP

Athletic Strength Training in Ashville and more.

Gilbert also produced videos for Pathfinder and has been hired by others to film business promos and take portraits.

Always possessed with the skill of being a good talker, Gilbert said he's been able to leverage his communication and interpersonal skills to help promote his business. The work he produces also speaks volumes.

"Once you do a few videos for a bunch of companies, your name gets out there and people start reaching out," said Gilbert.

"It's pretty cool seeing all of the feedback and getting to know all these businesses I would have never know. I'm very fortunate to have this talent shared with the rest of Massachusetts and hopefully the rest of the world someday."

In addition to his business endeavors, Gilbert also was recently selected by MassDOT as the Junior/Senior category grand prize recipient of the Safe Streets Smart Trips High School Video Contest. Having only one week to write a script, Gilbert produced a one-minute video titled "The Call Can Wait," with classmates/



COURTESY PHOTO
Michael Gilbert

actors Austin Tocci, Nicholas Hein and Kevin Aldrich.

After the Nov. 23 announcement that he had won, Gilbert said he was super excited and it was "an unreal moment" that made producing the video worth the effort.

Others have also expressed great joy in Gilbert's accomplishment, such as Pathfinder's Assistant Principal, Carrie Auffrey.

"We are so incredibly proud of these young men," said Auffrey.

"Their skills working together as a team allowed this production to come together in a matter of days. Michael Gilbert, the mastermind, director and filmmaker of this project, is exceptionally talented with a camera in his hands and we are thrilled that his work is already being recognized and rewarded. We can't wait to see what the future holds for him."

Going further, Gilbert plans to continue his business and expand his growing list of clients.

"There's so much out there in the space I can do," said Gilbert. "There's so much I can do in this industry. It's all about what happens next."

To view Gilbert's work, visit therealmichaelgilbert.com, go to his Instagram page (@therealmichaelgilbert) and his YouTube channel (Michael Gilbert). All accounts are associated with his production company, Gilbert Productions.

Music boosters buy bands PPE

BELCHERTOWN – This fall the Belchertown Music Boosters supported Belchertown High School and Jabish Brook Middle School bands by purchasing 133 music masks, 82 bell covers and 21 flute masks.

The purchase was about \$3,000 worth of specialty PPE for students and their instruments to allow them to play in person.

The funds raised from previous Allegro Auctions, donations, apparel sale fundraising and the group's online auction this past fall, all paid for the specialty PPE.

The boosters will be hosting a butter-braid, cake and pie fundraiser in February that will also help pay for additional PPE that will be needed for more returning students and for choral students when they are cleared to be able to practice in school.

In addition to the PPE, the boosters paid for master class series for the concert band and symphony band with the Springfield Symphony Orchestra and are paying for editing of performances for BHS and potentially JBMS for a virtual concert, when they have music ready.

Free virtual workshop offered

BELCHERTOWN – A virtual workshop "Basic rights: evaluation and eligibility" will be hosted by the Belchertown Special Education Parents Advisory Council on Jan. 11 at 7 p.m. via Zoom.

The topics of the workshop include Individuals with Disabilities Education Act and Massachusetts law, evaluation and referrals, Individualized Education Program and 504 plans and more.

In order to attend, people must register at <https://zoom.us/join/zoom/register/JwvceGgq-zMoHtKcUyqieW7BmGXwbLtpaqQi>.

The Belchertown SEPAC represents the collective voice of parents, caregivers, guardians and students by fostering positive

and constructive discussion to ultimately advise the school committee and district leadership in matters regrading children with special needs. In doing so, the group endeavors to ensure that children are provided every opportunity to reach their full potential.

The Belchertown SEPAC works in conjunction with Granby, South Hadley and Hadley to provide once a month workshops related to special education. Belchertown is presenting the January workshop, Hadley is hosting in February and South Hadley in March. Granby hosted an event earlier this academic year.

Questions can be sent to btownsepac@gmail.com.



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3.5 Acres on Michael Sears, 60k

www.KimberlyAllenTeam.com

Healthy Tips for 2021

Baystate Health doctors weigh in on what's good for you

SPRINGFIELD – Now that a stressful 2020 has come to an end, there are many ways to make 2021 healthy and safe for you and your family.

Doctors at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2021.

Some healthy goals to consider as you continue on your journey to good health are:

- **Make A Plan for Good Overall Health** – While weight loss, health screenings, and stress reduction are among some of the best ways to achieve and maintain better health, creating a plan that is manageable is the key to success. Look at the new year as a time to set small, attainable goals that you can maintain throughout the year, that will also lead to long term success and better health.



Dr. Linda Schoonover

Now is a great time to make an appointment for an annual exam and include your physician in your health goals for the year. For those who don't have a primary care provider, the best time to choose a doctor is before you need one. Over time, your health care needs may change or you may face a new health challenge. The relationship you have with your healthcare provider, who knows you and your medical history, can lead to a better overall outcome that will protect your health. Also, as the global telemedicine trend continues, especially with the advent of COVID-19, it provides a fast and convenient way for you to connect with your doctor for urgent needs such as fever, cough, and skin rash, as well as management of chronic conditions such as diabetes and high blood pressure.

Whether you want to lose weight, quit smoking, or reduce stress, your healthcare provider can suggest additional resources such as support groups, reading material, or if appropriate, medications or aids that can help. Getting advice from your primary care provider and support from friends and family is a great way to keep your New Year's health resolutions going all year long.

— Dr. Linda Schoonover, Baystate Primary Care at Baystate Wing Hospital

- **Don't Allow Sleep Problems To Affect Your Health** – The COVID-19 pandemic has led to more sleep problems at a time when sleep is especially important for health and well-being. Good quality sleep is important for preventing infections and keeping your immune system working well. Studies have shown that sleep deprived people don't mount the same immune response after vaccinations as good sleepers, so it is important to make

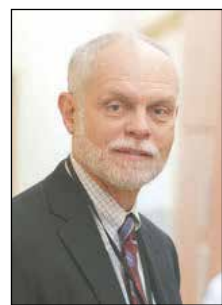
sure you get a good night's sleep prior to getting a flu or COVID vaccine. A recent study published in the Journal of Clinical Sleep Medicine by Baystate Health's Dr. Eva Mok showed increased rates of flu in patients with untreated sleep apnea. So, getting good quality sleep is just as important as getting enough sleep. If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation.

— Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory

- **Get Vaccinated** – With all the attention on with the COVID-19 vaccines, it is not too late to get your flu shot if you haven't received it yet. Flu vaccine was updated this year to match the anticipated circulating strains. If you belong to any of the groups prioritized to receive the COVID-19 vaccine, please get it. Both the flu and COVID-19 vaccinations are important means in preventing serious respiratory infections. Beyond the flu and COVID vaccines, it is important to keep up to date on adult immunizations. The protection you have from some childhood vaccines can wear off over time requiring you to get booster shots.

— Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health

- **Reducing Your Risks for Cancer** – Reducing identified dietary and lifestyle risk factors can help prevent many diseases, including cancer. Don't use tobacco, avoid drinking too much alcohol, increase moderate aerobic exercise to at least 30 minutes daily most days of the week (moderately vigorous walking will do), and if overweight, shed some pounds.



Dr. Wilson Mertens

— Dr. Wilson Mertens - vice president and medical director, Cancer Service, chief, Division of Hematology Oncology, Baystate Regional Cancer Program, Baystate Health

- **Keeping Kids Healthy** – Until everyone gets their COVID-19 vaccines, parents need to model and help their children follow the basic COVID-19 safety guidelines of mask wearing, handwashing, social distancing, and avoiding indoor gatherings with anyone who is not in your close family pod. Parents need to keep their children healthy by keeping up with their regular visits with their pediatricians to monitor their growth, development, general overall health, to give them any needed vac-



Dr. Karin Johnson



Dr. Armando Paez

cines to prevent serious infections, and to keep up with medications for common conditions such as asthma.

During stressful times, parents need to be very aware of their children's mental health, checking in with older children on a daily basis about how they are doing, and watching for any signs of depression and anxiety related to the pandemic and social isolation. Also, during the pandemic there are 3 basic tasks for parents.

1. Tell your children that you love them and show them that love throughout the day in a multitude of ways.

2. Tell your children that you will do the best you can to keep them safe during the pandemic, and demonstrate that by modeling mask wearing, handwashing, social distancing, and avoiding indoor gatherings with people who are not in your close family.

3. Tell your children that whatever happens during the pandemic you will work together as a family to overcome any difficulties. Modeling resiliency will teach your children the skills that they will need to overcome the difficult problems they may face as they grow older. Pediatricians are here to help patients and families through these difficult times, and parents can reach out to their pediatricians with any concerns about their children.

— Dr. John O'Reilly, chief, General Pediatrics, Baystate Children's Hospital

- **Reducing Your Risk for Diabetes** – Over 34 million Americans have diabetes and 88 million American adults – approximately one in three – have prediabetes.

Prediabetes puts you at high risk of developing type 2 diabetes and also increases your risk of developing cardiovascular disease. By modifying your risk factors and adopting a healthy lifestyle – from eating more nutritious foods and limiting your portions to exercising to maintain an appropriate weight – you can help delay or prevent some of the serious complications of diabetes such as heart disease, stroke, blindness, kidney damage and limb amputations. Aside from reducing your risks for diabetes, if you want to maintain good health in 2021 and beyond, consider if you are overweight eating 20% less which can lead to slow sustained weight loss over time; fit in exercise, even 10 minutes at a time which can lead to significant physical and mental health benefits; addressing your mental health which can be the primary barrier to a healthier you.

Also, quit smoking, this is the best decision you can make for your health.

— Dr. Chelsea Gordner, director, Baystate Inpatient Diabetes Service, Departments of Adult and Pediatric Diabetes at Baystate Medical Center and Baystate Children's Hospital

- **Good Mental Health** – There are many ways to improve your mental health. Consider getting outdoors for walks in nature, ideally with others (socially distanced and masked). Find opportunities to be kind. Even though many of us are hurting in various ways nowadays, it's not unlikely that there are others who are hurting even more. It's important to remember that we all have things to give: attention, compassion, listening, forgiveness, it doesn't have to be material. Giving feels good year round, much better than receiving.

Also, be kind to yourself: treat your body well by eating healthy food and not overwhelming it with unhealthy substances such as too much alcohol, sugar, and more; don't be mean and punitive towards yourself, if you notice mistakes you've made or things you don't like about yourself--acknowledge them and make a commitment to change, make a plan to change, and get started.

— Dr. Barry Sarvet, chair, Department of Psychiatry, Baystate Health

- **Women's Health** – Annual preventive exams are vital in detecting conditions like breast cancer or cervical dysplasia at an early, manageable, and treatable stage. The well-woman visit is a perfect time to address bothersome symptoms, set health goals and learn updates on disease prevention. Checking in annually with an established provider supports a trusted relationship which facilitates seamless care if a medical problem arises.

— Dr. Julie Thompson, FACOG, IFMCP, chief, Obstetrics, Baystate Franklin Medical Center and Pioneer Women's Health



Dr. John O'Reilly



Dr. Barry Sarvet



Dr. Julie Thompson

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Football committee mulls tourney options

GREGORY A. SCIBELLI
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REGION — While the Massachusetts Interscholastic Athletic Association is just hoping to have a regular football season much like the fall and winter

modified seasons, the Tournament Management Committee and Football Committee of the MIAA is thinking about life after the pandemic.

The pandemic took away the traditional 2020 fall season and football is supposed to take

place during a Fall 2 or “bubble” season, which begins in late February.

However, assumingly, in the fall of 2021, when high schools are seemingly going to be able to play under normal conditions and with a normal schedule that includes tournaments, a new football tournament will be forthcoming.

It seems like long time ago that the member schools of the MIAA voted in favor of dropping the sectional tournaments in favor of one statewide tournament, that in the case of many sports, will include a 32-team bracket with the opportunity to play in if a team finishes with a .500 record.

But in football, a .500 record does not guarantee entrée into the tournament. That has always been the case as Western Massachusetts football teams had a ranking system that put the top four teams in each division in the playoffs. Football also had more than the four divisions many other sports like soccer and basketball have.

The Football Committee of the MIAA began meeting recently about the issue. One plan was presented by the Massachusetts High School Football Coaches Association.

The plan would have a 10-game, but 12-week regular season concluding on



FILE PHOTOS

Options for a new football playoff format, which will feature a statewide tournament beginning in the fall, are being considered.



Could rival matchups on Thanksgiving be in danger depending on what direction the MIAA goes in for playoffs.

Thanksgiving. In recent years, the regular season was ended after eight games, with qualifying teams playing playoff games in weeks 9 and 10, the state semifinals between Week 10 and Thanksgiving, and Thanksgiving Day's game a simple exhibition. In a lot of cases, teams qualify-

ing for state final games would not play regulars on Thanksgiving to guarantee health in the state finals.

The coaches' association proposal would restore Thanksgiving

See FOOTBALL, page 12 •

RACING

Thompson to hold virtual race series

THOMPSON, Conn. — Thompson Speedway Motorsports Park will come to virtual life three times during the winter months, as a new iRacing series will give drivers and fans a chance to prepare for the 2021 season. In a series promoted by Souza Media, full-time Modified, Late Model & Super Late Model drivers from across New England will compete in three different races -- including the virtual historic Thompson 300 -- with one race in January, another in February and a final in March.

The series will help preview the real-life season at Thompson for 2021 -- which is slated to begin with the annual Icebreaker weekend from April 9-11, and hold six oval events, promoted by the American Canadian Tour and Pro All Star Series. All three iRacing events will take place on Saturday, Jan. 23, Feb. 20 and March 20 -- and will all begin with the drop of the green flag at 2 p.m. The feature races will air live, in full, on Extreme Sim TV, via Facebook and YouTube. Qualifying heat races, consolation races and a B-Main will be conducted prior to the broadcast start.

The three iRacing events will include an opener with iRacing's SK Modified, previewing the Sunoco Modified season at Thompson, on January 23, for a



SUBMITTED PHOTO

A virtual racing series is set to take place later this month.

100-lap event. The second will put some of New England's best Late Model stars together in ACT-style Late Models for their own 100-lapper on February 20. The final will help promote and preview the return of the historic Thompson 300, as Tour-Type Modifieds are used for a virtual 300-lapper on March 20. In real-life, officials are bringing back the Thompson 300 as part of the Sunoco World Series of Racing at Thompson in October of 2021.

“This iRacing series will give drivers and fans of Thompson Speedway a chance to come together during the cold winter months for some virtual racing,” Kyle Souza, owner of Souza Media, said. “We’re looking forward to watching the Thompson 300 in real-life, but we think this virtual experience will showcase some of what it will take to win

See RACE, page 12 •

WINTER SPORTS

Winter sports scheduled to begin next week

GREGORY A. SCIBELLI
gscibelli@turley.com

REGION — Winter sports are scheduled to get underway next week, with practices beginning on Jan. 11.

Practices were originally scheduled to start on Jan. 4, but the Pioneer Valley Interscholastic Athletic Conference made the decision to move back a week, though at this point, it is very unclear how many schools will be participating in the winter season and whether or not those teams will have to further modify schedules.

While the PVIAC wanted to give Western Mass. schools time during the month of December to secure permission to play sports through school committees, health departments, and other public officials, some of those permissions were contingent on the various criteria surrounding current coronavirus cases.

In the case of Holyoke, the city needed to be out of the “red” and no longer labeled a high-risk community by Dec. 24, and remain out of the red for three weeks in order to begin

practices on Jan. 11. However, that has not happened.

Additionally, schools like West Springfield and Belchertown are among those that will not play communities that are red, further complicating the scheduling.

As of the Dec. 31 Department of Public Health report, most town and cities in Western Massachusetts in Hampden and Hampshire County are in the red and considered high-risk as the second surge continues, especially with rising numbers following the holiday season.

Some schools also have agreements with teachers' unions regarding how schools will proceed in the event a community goes into the red. In many cases, a high school's coaching staff is included in the union negotiations.

In one bubble, Agawam, Westfield, and West Springfield all have permission to play, but Hampshire, Holyoke, and Northampton are question marks.

There are also further modifications for the ice hockey

See SCHEDULES, page 12 •

SPORTS

New umpires needed for 2021 season

REGION – The Western Massachusetts Baseball Umpire Association is looking for individuals who are interested in umpiring baseball at the high school and youth level. The WMBUA services high school baseball and various other leagues in the Greater Springfield area/ Hampden County.

The WMBUA’s first year members class will be held for roughly five to six weeks, beginning in February. The class dates right now are fluid as the organization monitors what happens with the COVID-19 pandemic. Class is usually one or two nights per week from 6:30 to 8:30 p.m.

The class takes place in the First Baptist Church of East Longmeadow’s classrooms at 50 Parker Street. Classes may also be virtual if COVID-19 does not allow for in-person meetings.

If you are interested in taking the classes, contact Chris Meffen, the WMBUA Secretary, via email at cmeffen8017@gmail.com or visit the WMBUA website at http://wmbua.org.

Pioneers to host Pelham clinic

LUDLOW – Western United Pioneers FC is excited to offer a soccer clinic in Pelham, MA for players in the Massachusetts North Region. The fall clinic provides off-season training and skill development by WUP FC coaches. There are two sessions available. sign up for one or both. It makes a great holiday gift for friends and family members.

This program is offered to boys and girls born in 2010, 2011, 2012, 2013, and 2014. The four-week program includes one practice per week for a total of \$65 per session (\$130 for 2 sessions). Sessions will consist of a max of 15 players per field (COVID regulation for the players’ safety).

SESSION 1: MONDAYS 1/11, 1/25, 2/1, & 2/8

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

SESSION 2: MONDAYS 2/22, 3/1, 3/8, & 3/15

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

The sessions will be held at Pelham Elementary School at 45 Amherst Road, Pelham, MA 01002.

SCHEDULES • from page 11

schedule as fewer schools have hockey programs in Western Massachusetts. One thing you will not see in the modified winter season is a team like Agawam or Minnechaug making its way to the other side of the state to play other teams in Central and Eastern Mass. Bubble play is limited to teams in the region. One bubble will feature all of the teams in the Berry Division, Agawam, Longmeadow, East

FOOTBALL • from page 11

as a regular season game. The association also submitted a plan for a nine-game schedule with playoffs starting before Thanksgiving and finishing after as it is currently constituted.

A group of Eastern Mass. coaches and athletic directors have also developed seven and eight-game proposals that would entail having 16 teams qualifying for a state tournament in each division under the seven game, and eight teams per division in the eight-game season. Under both proposals the state finals would actually take place before Thanksgiving, and teams would again play Thanksgiving games as exhibitions.

POLICE LOGS

Belchertown

Editor’s note: The following are brief explanations of select entries in the Belchertown Police log and arrests for the weeks of Dec. 23 through Dec. 29. The information was provided by a member of the police department based on the review of the detailed log summary. This feature is designed to provide context and explanation to some of the calls police respond to every day. Of the 260 calls police responded to, there were 10 incidents, three accidents, four arrest/summons and five citations.

ARRESTS/SUMMONS
Wednesday, Dec. 24

2:58 p.m. – A 24 year old Belchertown woman was issued a summons for an unregistered vehicle, an uninsured vehicle and attaching plates. Officers responded to Federal St. for a report of erratic operation. A red vehicle was observed turning right onto North Main St. and it was found that the license plate was cancelled. The vehicle was swerving lanes and the officer pulled the operator over. The officer approached the operator, who found the vehicle was registered to a different person and the registration was cancelled. The driver said they purchased the vehicle about a week ago and started the process with the RMV was taking longer than anticipated. The driver had no proof whether the vehicle was registered or insured. The operator was issued a summons and a tow company was called.

Saturday, Dec. 26

8:19 p.m. – A summons for 35-year-old Belchertown man for leaving the scene of property damage/accident. Officers and Belchertown Fire responded to Oak Ridge for a report of a vehicle which stuck a utility pole. The reporting party believed the operator was intoxicated. When officers arrived and didn’t see anyone in the area. Officers then observed the party running down the road and was walking up the road. They were then observed the person walking into a grassy area, evading officers by walking between a pole and going into the woods. The officers couldn’t hear any noise in the woods and back up arrived on scene and observed the person walk by the house next door. The officers ran the plate of the vehicle and realized it was someone who frequented the area. The K-9 officer was contacted due to the likelihood the operator was intoxicated, cold temperatures and the damage to the vehicle. The utility pole had surface damage and appeared to be moved an inch in the ground. Officers spoke with the witness who said they saw the vehicle swerved around a parked car, striking the pole. The witness then went

outside to ask the operator if they were ok. The operator replied the car wouldn’t start. Despite tracking in the wooded area, the operator was not located. A tow company was called and a hold was placed on the vehicle until the officer spoke with the operator. The person issued criminal citation and a request was filed for an immediate threat. No other information is available at this time.

Sunday, Dec. 27

12:31 p.m. – A 30-year-old Manchester-by-the-sea woman and a 43-year-old Beverly man were issued summons for trespassing. An officer was in the area of Front St. when they saw two people walking on the former Belchertown State School property, looking at one of the buildings. The officer located the two people and advised them that they were trespassing and would be issued a summons.

ACCIDENTS/INCIDENTS
Wednesday, Dec. 23

2:27 p.m. – Officers took a report of unemployment fraud.

3:25 p.m. – Officers spoke with an Allen Rd resident who advised someone put a registration plate in their mailbox and they would like the officer to pick it up. The officers issued a notice to the plate’s last registered owner to come claim the plate.

7:01 p.m. – An officer went to a Kennedy Rd residence to try to return a debit card that was found. No one was home so the item was placed into evidence.

Thursday, Dec. 24

6:53 a.m. – Officers responded to a one-car accident. The vehicle was travelling north on Federal St. when a deer ran out in front of the vehicle from the left side of the road. There was damage to the front right side bumper and headlight. The deer was deceased and out of the lane of travel.

9:02 a.m. – Officers responded to assist Belchertown fire and paramedics.

11:11 a.m. – Officers responded to a two-vehicle crash on North Main St. One vehicle was travelling on North Main St when a second vehicle pulled out into the left lane, pushing the first into right travelling lane. The operator of the first vehicle reported they didn’t see the second vehicle pulling out. Both vehicles were able to be driven away.

Saturday, Dec. 26

8:57 a.m. – Officers responded to assist Belchertown fire and paramedics.

4:56 p.m. – An officer responded to a residence that had burst. The residence was unoccupied and entrance made to

into it. It was found that the trailer was burst due to water issue and the main was shut off was closed and valves inside of the residence. The building was secured.

6:34 p.m. – An officer responded to Maple St. for a report of pedestrian who was struck by a vehicle. The involved vehicle was a black Nissan SUV which was going south on Rt. 202. Due to the nature of the incident, a notification was sent out to neighboring cities and towns to be on the look out. Officers spoke with the reporting party who was already assessed. The person said they went to retrieve their mail when they observed the vehicle, which was going slowly. They went to cross the road and the vehicle pushed them forward, causing the person to fall. The vehicle pulled over, then quickly took off. The reporting party said there were no other identifying features. There are no known suspects at this time.

Monday, Dec. 28

4:26 p.m. – Officers communicated with Easthampton Police concerning a license to carry which was being suspended. Officers were advised a person’s license was suspended and they needed to get firearms, ammunition and license. The items were collected and held for safe keeping and a copy of the report was forwarded to the Easthampton Police Department.

Granby Police

Editor’s Note: The Granby Police Department responded to 134 calls for the week of Dec. 25 through Dec. 31. Those arrested are presumed innocent until proven guilty in a court of law. All information is provided by the Granby Police Department.

Saturday, Dec. 26

7:25 p.m. – Officers took a report of a theft from a residence. The incident is still under investigation.

Tuesday, Dec. 29

12:10 p.m. – Officers took a report of identity theft. The incident is still under investigation.

2:03 p.m. – Officers took a report of vandalism done to a resident’s motor vehicle while it was parked in a driveway. The incident is still under investigation.

Thursday, Dec. 31

7:37 p.m. – Officers responded to a two-car accident on Amherst Rd and Amherst St. There were no injuries reported.

RACE • from page 11

the real-life event and get fans energized for the October 2021 race.”

A maximum of 29 drivers will start each race, in order to keep the car count reasonable on a tight, banked track, and produce green flag racing. Out of the 29 competitors, 28 drivers will qualify through the heats, consi’s and B-Main sessions, while one provisional is available for a most recent Thompson track champion or Modified, Late Model or Super Late Model champion, if needed. If no champions fail to qualify, the provisional may be used for a promoters option. Qualifying will begin at 10 a.m. on each of the race days, while there will also be multiple practice sessions prior to race day.

In order to be eligible for the events, drivers must fit one of the requirements put in place by officials. Race officials have the final determination on eligibility and may elect to refund participants who register but don’t fit qualifications. For all three events, drivers must be:

A current or past full-time weekly competitor in Late Models, Super Late Models or Modifieds.

A current or past touring series competitor in Late Models, Super Late Models or Modifieds.

Immediate crew member of one of the above drivers – defined as either a car owner, crew chief or spotter.

If all spots are not filled for the event five days prior to event start, fans of Thompson Speedway, Modifieds, Super Late Models or Late Models will be able to register to fill the spots

The first 60 entered drivers will be registered for the event. Anyone who registers past that 60 number will be placed on a waitlist. Registration fees are \$15 per event, or \$45 for the entire series. Registration can be completed at kylesouza.com/thompson-iracing-series. In order for a registration to be counted as one of 60, payment must be received. Drivers who complete registration will be invited to the league on iRacing directly to confirm their registration has been received.

A payout is guaranteed for the top-five at the end of each race, with a minimum of \$50 to win the feature. The virtual Thompson 300 will pay at least \$125 to win. Sponsorship opportunities for the series are available by emailing kylesouzamedia@gmail.com. Sponsorships will include full race deals and contingency awards.

Virtual Thompson Series schedule:

January 23 -- SK Modified – 100 laps
February 20 -- Late Models – 100 laps
March 20 -- Tour-Type Modified – 300 laps



Callie Hevey sat attended the virtual "Noon Year's" party, complete with party favors.



Children joined Jennifer Whitehead, children's librarian at Clapp Memorial Library, for a "Noon Year's" celebration last week.

UMass Science Program announces new iCons class

AMHERST – Collin C Burchfield, Cleo H Hein, and Ryan Kirkey - all of Amherst, are among 72 undergraduates selected for the newest class of the Integrated Concentration in Science, or iCons, program at the University of Massachusetts Amherst.

More than 156 first year and sophomore students applied for one of the coveted iCons spots through a process open to roughly 5,000 undergraduate students, mostly majoring in science, technology, engineering or math (STEM).

The current iCons cohort, the 11th to participate, will graduate the program in 2024. The UMass Amherst College of Natural Sciences' iCons program builds on students' course of study by providing them with further skills needed to enter the modern scientific workforce.

In 2020, iCons admitted students from Isenberg School of Management to create well-rounded discipline-diverse teams who will collaborate, identify, and study innovative solutions to global problems making headlines today, such as climate change and antibiotic resistance.

For more information on the UMass iCons program, visit: <https://icons.cns.umass.edu/>

AMHERST

UMass Amherst Libraries share news of publication

STAFF REPORT

AMHERST —The UMass Amherst Libraries share news of the publication of Pen Pal: Prison Letters from a Free Spirit on Slow Death Row by Tiyo Attallah Salah-El. Pen Pal was published in October 2020 by the independent press OR Books, and all author royalties will be donated to the Libraries, where Tiyo's papers are housed in Special Collections and University Archives (SCUA).

Born in 1932, Tiyo Attallah Salah-El died at 85 in 2018 on "Slow Death Row" while serving a life sentence in a Pennsylvania prison. He was a man with a dizzying array of talents and vocations: author, scholar, teacher, musician, composer and activist, as the founder of the Coalition for the Abolition of Prisons. He was also, as seen in the letters he wrote over a decade and half to his friend Paul Alan Smith that make up this book, an extraordinarily eloquent correspondent.

Tiyo's letters vividly capture the tribulations endured by those incarcerated, especially the nearly 60% who are non-white: habitual racism, arbitrary lockdowns, brutal beatings and hospitalizations, stifling heat and bitter cold. They describe Tiyo's individual struggles with cancer, aging, and the sirens of personal demons. Yet, despite crushing hardships and indignities, Tiyo's positive energy shines through, in dispatches that are generous, philosophical and often laugh-out-loud funny. We learn of his many

friendships, including those with the historian Howard Zinn; a range of activists, advocates, and supporters on the outside; and two fellow people in prison who were leaders of the Black liberation group MOVE.

"We began working with Tiyo in 2006 to document his life, activism, and experience in prison," says Acting Head of SCUA Aaron Rubinstein. "The voices of people in prisons are rarely heard, and Tiyo's contribution to the prison abolition movement has never felt more timely. We are thrilled that Tiyo's story can be known by so many people, and the donated royalties will support digitization of Tiyo's collection and related work with our social change collections."

At a time when the appalling racial bias of America's police and criminal justice system is in the spotlight as never before, Pen Pal is both a vital intervention and a moving portrait of someone whose physical confinement could never extinguish an extraordinary free spirit.

Pen Pal contains a preface by Mike Africa, Jr., and the audiobook, released simultaneously, features the actors Carl Weathers and Adam Arkin, among others.

For more information about Tiyo Attallah Salah-El and his papers: <http://findingaids.library.umass.edu/ead/mums590>

For more information about Pen Pal, including how to order a copy: <https://www.orbooks.com/catalog/pen-pal/>

CD by UMass Wind Ensemble released

Ensemble will also present seven-part series of streamed performances

AMHERST – MSR Classics has just released the latest CD by the UMass Wind Ensemble, led by Director of Wind Studies Matthew Westgate. Quicksilver features the world premiere recordings of three works, all of which were commissioned by the Wind Studies program as part of a larger consortium.

A different piece will be streamed at 7:30 p.m. on each of seven consecutive Saturdays through Jan. 30, with music by composers including Richard Strauss, Arturo Mrquez, Elizabeth Raum, and Kurt Weill.

These include Stacy Garrop's Quicksilver: Concerto for Alto Saxophone with Wind Ensemble (2017), which includes UMass saxophone professor Jonathan Hulting-Cohen as soloist; David Biedenbender's What is Written on the Leaves (2019); and David Maslanka's Concerto No. 3 ("Do You Know My Name?") for Piano, Winds and Percussion

(2016). The featured soloist on the Maslanka piece is the late UMass faculty pianist Nadine Shank, to whom the CD is dedicated.

Recorded at the UMass Fine Arts Center in 2018 and 2019, the new CD is the Wind Ensemble's second appearance on the MSR Classics label. In 2014, the group performed Stephen Paulus' Concerto for Two Trumpets and Bandon trumpet professor Eric Berlin's CD entitled Fantastique. The work subsequently received a 2015 Grammy Nomination for Best Contemporary Classical Composition.

In a more recent development, the Wind Ensemble will be presenting a series of streamed performances over the next seven weekends on the Music & Dance department's YouTube Channel. Westgate has titled the series "Standing Together," a reference to the socially-distant manner in which the students stood outside during the recordings, and the unified approach employed by the entire Music and Dance department during the pandemic.

More information on the series can be found at umass.edu/music/events.

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OBITUARY

Death Notice

William Charles Shaw
Died Dec. 17, 2020

The Sentinel
OBITUARY
POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph.

Death Notices & Paid Obituaries should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

William Charles Shaw

BELCHERTOWN - William Charles Shaw, 70, known as “Bronco Bill” to many, passed away Dec. 17, 2020 surrounded by his beloved family. He was born on Nov. 19, 1950 in Springfield, to the late Donald and Matilda (Dias) Shaw.

Bill dedicated his life to his passion of Harleys through his business of over 50 years, Magnum Cycle. He was unrivaled in his field. He has built, painted and created many beautiful customized motorcycles. He was featured in Easy Rider and has been recognized on many occasions for his remarkable craftsmanship. He had customers from all over the world and took extreme pride in his work. He was dedicated, patient and overly organized. He had a huge heart and loved sharing his knowledge with anyone who wanted to learn. His heart, home and garage doors were always open to everyone.

Bill enjoyed weightlifting, bicycling, playing sports, drag racing and, of course, riding motorcycles with his friends. The most important thing to him was his family and spending time with his precious grandkids. He will always be remembered for his quick wit and great sense of humor.

Besides his parents, Bill was preceded in death by his brothers, Donald Shaw, Jr. and Joseph O’Neill. He will be forever missed by his two children, Dawn Morey, her life partner Ray Croteau and Mike Shaw, his life partner Vivienne Pelletier, as well as his 10 grandchildren: Kyle and his partner Crystal, Raymond, Desiree, Danielle, William, Michael, Troy, Nathaniel, Lilliann, and Rosalie. He leaves behind his siblings, Patricia McMenamin, James Shaw, Sandra Dobson, Raymond Shaw, Robert Shaw, Susan Shaw, and Margaret West. He also leaves the mother of his children and long-time friend Hazel Morey, along with many nieces and nephews he loved dearly and a countless number of friends.

Donations may be made in his honor to Cooley Dickinson VNA & Hospice or Shriners Children’s Hospital. Due to current regulations and the impact Bill had on the lives of so many, services will be arranged at a future date so that all may attend.

Please visit www.beersandstory.com for more information or to extend online condolences.





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TIPS • from page 10

• When Emergencies Happen – My health tip for the new year is one that will come in handy for a lifetime. I often get the question: “When should I go to the Emergency Department compared to Urgent Care?”

It’s not really a simple answer, but a good rule of thumb when any new, acute, severe, uncontrolled symptoms need to be addressed in the Emergency Department (ED). For example, if you are having the worst headache of your life or experiencing any new acute severe shortness of breath, chest pain or abdominal pain, you should go the Emergency Department. If you are having any bleeding from an injury that is not under control with simple first aid measures, that also belongs in the ED. If you are experiencing any new neurologic symptoms or new seizures/convulsions, that also needs to be attended to in the ED.

Anytime there is a loss of consciousness from any cause, that should also be evaluated in the ED. Urgent Care is an ideal locale for the care of minor injuries and ailments like coughs, colds, earaches, urinary tract infections, insect bites and stings. Urgent Care is also appropriate for acute flare-ups of chronic conditions such as migraine headaches, asthma, gout, and eczema.

Most urgent care centers have on-site x-rays and can take care of acute fractures and other minor traumas. It is also important to know during the current pandemic that you should not be afraid to go to the ED with any new acute severe symptoms as all hospitals have protocols in place to protect patients and their families from potential exposure to COVID-19. Trying to “tough it out at home” can be a fatal mistake if it’s an acute heart attack or stroke.



Dr. Brian Sutton

— Dr. Brian P. Sutton, FACEP, medical director, Baystate Health Urgent Care

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St. Mary’s Parish School provides foundation

At the heart of St. Mary’s Parish School is our passion for excellence in all things. We believe that each student who attends our school will benefit from the quality of instruction they receive. Academically, a classical curriculum infused with 21st-century skills will provide every SAINT with the solid foundation necessary to excel at the next level of study.

Socially, St. Mary’s is a community built upon a foundation of kindness, acceptance, and integrity. It is a community in which each member looks out for the other, and the bonds of friendship that are formed here, last a lifetime.

Spiritually, students will broaden and deepen their understanding of the teachings of Jesus Christ and the beliefs of the Roman Catholic tradition. Additionally, through their study of religion, all students gain the tools to examine morality and justice in their lives and in the world. St. Mary’s SAINTS are young people

who understand that faith is a lifelong journey of prayer, learning, and service, which broadens their perspective and leads toward ever deeper communion with God and others.

We are proud of the distinction that our students have received in all areas of academics, arts, athletics, and extra-curricular activities. Each year we recognize the success of our seniors as they receive hundreds of thousands of dollars in scholarships and continue their academic journeys across the nation at prestigious colleges and universities.

Recently, we have embarked on several initiatives that have added to the success of St. Mary’s overall program. We have been blessed with the financial ability to improve upon technology, and were able to introduce a laptop program where each student is provided a laptop for a very small lease fee. After 3 years, the laptop officially belongs to the student. Meanwhile, if anything at

all happens to the laptop, the repair is covered and the student is offered a loaner. Our curriculum is based on the Great Books and we use a university schedule, allowing us to increase electives in our course of studies and at the same time, better preparing students for college. Lastly, our students are offered the choice hundreds of VHS courses, which allow them to take advantage of specialized courses outside of our traditional college prep, honors and AP course offerings.

BREAKING NEWS! Starting in 20/21, we will be offering transportation benefitting students from the Springfield, Chicopee, Holyoke areas. A centrally located bus stop will be positioned on Riverdale Street, West Springfield.

Plan a shadow day at St. Mary’s Parish High School – where no student will be denied enrollment based on financial need, and every student will be an important member of the SAINT family!

St. Joan of Arc School announces new principal

St. Joan of Arc School is happy to announce that William McDonald is our new principal beginning January 4, 2021. Mr. McDonald has been a vice principal and principal for over 15 years. Starting as a teacher and working his way to being a principal in Framingham, MA, he most recently was at an elementary school in Thompsonville, CT. SJA School is an elementary school with grades PreK through grade 8. We welcome his experience and knowledge and he is excited to become part of our SJA community.

Professions that may be thriving in 2030

New Year’s resolutions can serve as valuable motivational tools as people look to make positive changes in their lives. Health-related goals like quitting smoking and losing weight annually appear at or near the top of lists documenting the most popular resolutions. But many people also see New Year’s resolutions as a great vehicle to kick-start positive changes in their professional lives.

See PROFESSIONS, page 19 •

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Westfield State University offering Addiction Counselor Education Program

WESTFIELD — The College of Graduate and Continuing Education at Westfield State University is currently accepting applications for the 2021/2022 Addiction Counselor Education (ACE) Program. Classes will be held in a hybrid format on evenings and weekends beginning in September and ending in May. The goal of this non-credit certificate program, offered at the University since 1991, is to

provide students with the knowledge, skills, and techniques necessary for the successful treatment of individuals and families afflicted by alcoholism and/or other drug addictions. This program has been highly instrumental in the professional development of individuals in the western Massachusetts area whom are currently working in or interested in becoming a part of the growing healthcare field

of addiction services. The application and application instructions for the ACE program can be found on the website www.westfield.ma.edu/ace. For more information or to have an application mailed to you, contact Brandon Fredette at bfredette@westfield.ma.edu or (413) 572-8033. Founded in 1839 by Horace Mann, Westfield State University is an education leader

committed to providing every generation of students with a learning experience built on its founding principle as the first public co-educational college in America to offer an education without barrier to race, gender or economic status. This spirit of innovative thinking and social responsibility is forged in a curriculum of liberal arts and professional studies that creates a vital community of engaged

learners who become confident, capable individuals prepared for leadership and service to society. For more information, visit us at www.westfield.ma.edu, follow us on Twitter at [www.twitter.com/westfieldstate](https://twitter.com/westfieldstate), or on Facebook at <https://www.facebook.com/WestfieldStateUniversity>.

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**Additional requirements may be needed.*

Classes will be held in a hybrid format on evenings and weekends starting in September.

Make your life's work about changing lives.

For more information, call (413) 572-8033 or go to westfield.ma.edu/ace



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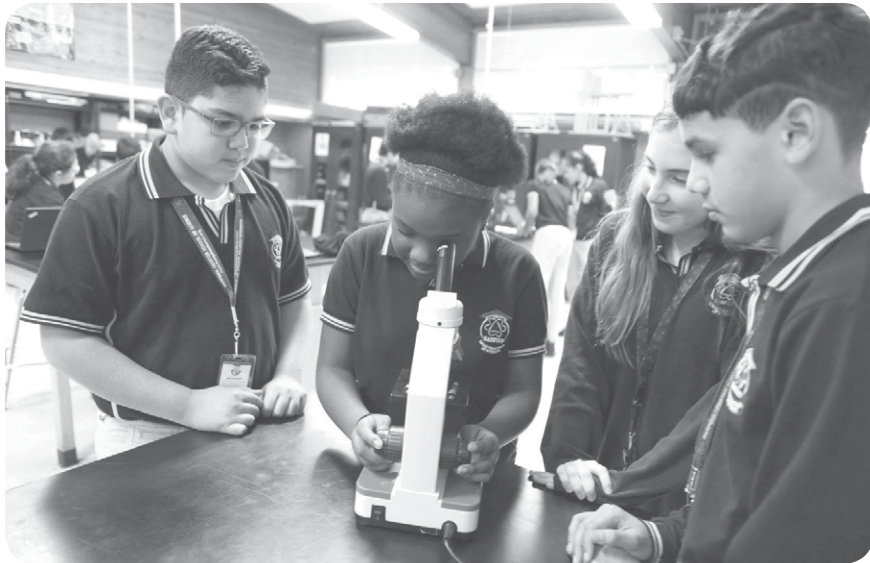


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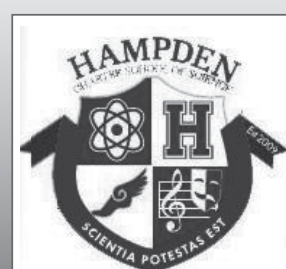
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A Career in Head Start

The first 5 years of a child’s life are so important and since 1965, HCS Head Start has helped thousands of children and families prepare for school and life. We know that it takes a big heart to help shape growing minds and if you want to work with children and families in the local community, Head Start might be the place for you. The Head Start advantage offers both families and their children, birth to five, an extraordinary school readiness experience. Head Start provides access to high-quality learning, health and nutritional services, mental health services, family engagement opportunities and services to children with special needs.

Educators who decide to teach in a comprehensive early learning setting have the opportunity to work collaboratively with other specialty areas that are designed to prepare vulnerable children for future educational success. Data shows that when children are enrolled in a high quality Head Start program they are better prepared for kindergarten and beyond. One of the secrets to the success of Head Start is the recognition of parents as their child’s first teacher. Staff and parents work together, learning from one another, to create the best early educational experience both at home and at preschool. This is done because when parents are involved and engaged in their child’s education, children have better outcomes.

In addition to teaching, Head Start also has various career opportunities in the areas of health, nutrition, human services, administration, mental health and special education. Professional development opportunities and career ladders are built within the Head Start model to promote growth and advancement.

Holyoke Chicopee Springfield Head Start, Inc. offers programs in several cities and towns in Western Massachusetts working with over 1,000 children each year. If you are interested in a Head Start career please visit www.hcsheadstart.org or call 413-788-6522.

6 steps to organize your home office

Remote working has become popular in recent years, but the “working-from-home” economy bloomed exponentially as the world was forced to confront the COVID-19 pandemic. According to Stanford economist Nicholas Bloom, as of summer 2020, 42 percent of the United States labor force was working from home full-time.

The need for home office spaces has increased as more people work from home. Many people have retrofitted various spaces around their homes into areas to get work done. More organized home work spaces can increase productivity. Individuals can follow these guidelines to create effective, organized home offices.

Begin with the desk

The desk is the primary spot where work will take place. The right desk accessories can provide visual appeal and also serve practical purposes. Have cups for holding pens and pencils, baskets and bins for larger items, and store whatever you can elsewhere so it does not lead to clutter on the desk. Store wireless printers in a cabinet or even on a bookshelf so it doesn’t take up real estate on the desk.

Create a printing station

While you’re moving that wireless printer elsewhere, designate a space to serve as the central printing hub. This way children who need to print assignments for school will



know where to go as well. Printer supplies like extra ink cartridges and printer paper can be kept in decorative storage boxes nearby.

Increase your shelving

Shelving can help keep items organized and off the desk in home offices without closets or drawers. Look for shelves that blend in with decor but are sturdy enough to be functional.

Organize paperwork

Figure out a system that works for you to help tidy up papers you choose to save. While some papers can be scanned and stored as digital files, color-coded file folders can organize statements and other important documents. This makes it easy to find the folder you need when looking for certain documents.

Establish a charging station

Repurpose certain items, such as a desk organizer, into an easily accessible electronics charging station where phones and tablets can charge at one time.

Make essential binders

HGTV suggests making binders that can store the most important papers for easy access — even in an emergency. Set up a binder for automotive paperwork, including repair receipts, a medical binder where key medical records are kept, a binder for manuals for devices in the home, and one to store financial planning documents.

These organizational tips can help remedy common problems around a home office.

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Head Start @Home also provides family engagement — including virtual parent meetings — and the continuity of comprehensive services, including health, mental health, nutrition and family services.



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beginning on Monday, January 25 after 2:00 p.m.

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PROFESSIONS • from page 15

According to Statista, finding a new job was the eighth most popular New Year’s resolution in 2019. And finding a new job figures to be an even more common resolution for 2021, as the global COVID-19 pandemic of 2020 has sparked a recession that saw millions of people across the globe lose their jobs.

Professionals who want to switch careers in the near future may want to consider professions that are expected to experience significant growth in the years ahead. According to the Bureau of Labor Statistics, demand for the following professionals is expected to grow considerably between now and 2029.

- **Wind turbine service technicians**
Expected growth (between 2019 and 2029): 60.7 percent
- **Nurse practitioners**
Expected growth: 52.4 percent

- **Solar photovoltaic installers**
Expected growth: 50.5 percent
- **Occupational therapy assistants**
Expected growth: 34.6 percent
- **Statisticians**
Expected growth: 34.6 percent
- **Home health and personal care aides**
Expected growth: 33.7 percent
- **Physical therapist assistants**
Expected growth: 32.6 percent
- **Medical and health services managers**
Expected growth: 31.5 percent
- **Physician assistants**
Expected growth: 31.3 percent
- **Information security analysts**
Expected growth: 31.2 percent

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JOB POSTING

Community Engagement Coordinator
Quaboag Hills Prevention Partnership & Town of Ware

Overall Duties:
The Community Engagement Coordinator will work closely with local, town-based prevention teams to strategically initiate, coordinate and sustain proven prevention strategies aimed at reducing underage youth and young adult alcohol, nicotine, marijuana and prescription drug use. Will attend local prevention teams meetings, assist with outreach and recruitment of local team members and will assist the local teams to create and implement annual action plans that are fully aligned with region-wide goals, objectives and action plans. He/she will work with local team ‘captains’ to engender support for substance use prevention. Will also work as part of the broader Prevention Partnership team to contribute to and ensure that required fiscal and programmatic reports are completed.

Qualifications:
B.A. or B.S in Public Health or related field preferred. Prior experience in health-related outreach/communications, meeting facilitation, community organizing and health planning.

Knowledge of and skilled at outreach, follow-up, data collection, community presentations. Excellent writing skills, including reports and promotional materials; knowledge of the workings of municipal government; strong computer skills including knowledge of social media tools. Must demonstrate: sensitivity to, and awareness of cultural, racial, ethnic, economic, and social diversity including LGBTQ; awareness of community strengths and culture; ability to interact with a variety of stakeholders; ability to work independently and as part of a team; ability to maintain objectivity, fairness in dealing with people.

Salary & Hours:
Position is a town of Ware employee and funded by a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA); position is 28 hours per week with potential for the job to become full-time in the future. Hours are primarily 9-5 Monday through Friday; some evening/weekend meetings and events.

To apply for the position, E-mail a Cover Letter and Resume to:
Gail Gramarossa, Project Director, Quaboag Hills Prevention Partnership
ggramarossa@townofware.com



Bringing diversity into STEM fields is this STCC grad's mission in life

By LAURIE LOISEL

SPRINGFIELD, Mass. – Vastly underrepresented in the STEM field, women and people of color often feel marginalized and unsupported in the halls of academia. That was true for Carolyn Gardner-Thomas until she came to Springfield Technical Community College, where she graduated in 1998 with an associate degree in engineering.

“STCC is where I found community – that’s where I found people who looked like me and people who wanted to work with me, smaller classes, instructors I could connect with,” she said. “That, coupled with the fact that it fit my budget. I could pay for the courses I was taking.”

After STCC, Gardner-Thomas went on to UMass Amherst where she earned a bachelor’s degree in engineering in 2000 – and years later she would go on to earn a Ph.D. in STEM education at the state’s flagship campus. STEM refers to the areas of study and careers within science, technology, engineering and math disciplines. It’s no secret that women and people of color don’t flock to those fields.

Gardner-Thomas has devoted her career to expanding the possibilities for women and Black, Indigenous and people of color (BIPOC) in STEM, encouraging greater diversity in the field she loves. She credits her time at STCC, in part, with helping her understand how that could be done.

She ran a STEM starter academy at Holyoke Community College for a year, at UMass for three years she directed

the STEM Ambassador Program and today is co-director of the Mathematics for Teaching master’s program at the Harvard Extension School.

Aminah Bergeron, in her second year at STCC majoring in mechanical engineering, is just the kind of student Gardner-Thomas wants to see entering the field. Bergeron, 27, who calls herself a “proud mom” and is working her way through college, said she has felt both welcomed and supported at STCC.

She remembers early-on a meeting with Professor Zahi Haddad when she expressed doubt about her abilities in computer science, asking if he thought she could do it. “And he responded immediately, ‘yes, why not? You can do whatever you like,’” she said.

Later, thanks to encouragement from STCC Professor of Engineering and Physical Sciences Beth McGinnis-Cavanaugh, Bergeron took part in a competitive NASA program that flew her to a NASA facility in Virginia for a week. She aims to go on for a bachelor’s degree in engineering after STCC, hoping eventually to land a job as an engineer at Pratt and Whitney. But she’s got an even bigger dream: One day she wants to become a CEO.

Bergeron’s experience may illustrate how much things have changed since Gardner-Thomas first entered the STEM field as a pre-med student in the 1980s.

Born on the Caribbean island of Antigua, Gardner-Thomas came to the United States in 1986 to attend college.

Please see **STCC**, next page

Enrichment clusters still valuable during the pandemic

(One of the experiences lost last spring when we pivoted to remote instruction was the enrichment cluster. As we look ahead to this spring, we are excited to plan re-imagined clusters as we continue in-person instruction for all students at Academy Hill. To learn more about our response to the pandemic, please visit our website at www.AcademyHill.org!)

At AHS, one of the most cherished and highly anticipated academic traditions are end-of-the-year enrichment clusters. Clusters, as they are more commonly known at Academy Hill, are held during a reserved three-day period the final week of school. Clusters provide students with an opportunity to explore a topic of their choice, in the company of a mixed-age group of schoolmates, in extraordinary depth. Clusters culminate with a showcase, during which students display a project or product created, or a skill acquired during the three-day period. Clusters are facilitated by school staff, parents, alumni and other community members who relish this opportunity to share their passions and professions with students.

Over the years, students have explored such diverse topics as cheesemaking, entomology, the art of psyanky, silk screen printing, dogs, and rocketry. Many of the ideas for cluster topics are generated by student interest, as exhibited over the school year. Clusters most often include a field trip or two, allowing students the chance to meet professional practitioners and take part in authentic experiences. During the last cluster cycle, a small group of middle school students explored the play Hamlet, by William Shakespeare. The cluster was facilitated by our middle school literacy teacher and an alumni parent (who is also a professor of English, specializing in Shakespeare). Cluster participants took a trip to Shakespeare & Co. in Lenox, where they enjoyed a private, customized tour that included visits to performance spaces, costume and prop shops, and the set design studio. At each location students were able to try on and try out costume pieces and props such as crowns and swords. The field trip brought their classroom cluster experience into vivid focus, sparking a strong desire in several students to learn more about Shakespeare and theater. Another cluster cooked its way through Italy, learning about the geography, culture and special cuisines of the different regions of the country. The students, ranging in grade level from 4th through 8th grade, learned a bit of the language, chose a particular region to explore in greater depth, and visited both Red Rose Pizzeria and La Fiorentina Bakery - right here in Springfield - to sample dishes and to learn more about Italian cooking and baking. The cluster was facilitated by an administrator of Italian heritage, as well as our Latin and Classics teacher; the latter bringing her vast knowledge of the Italian peninsula to the experience. The cluster culminated in a day of preparing and then



sharing the students’ homemade Italian food with guests.

Families, homeschool groups and moms/dads clubs might easily replicate the enrichment cluster experience for their own children and their friends. Clusters are a wonderful way to pass several days during a school vacation week. They also give new meaning to staycations, and might serve to prevent a “summer slide” as they help energize students before the return to school in September. Clusters can be quite manageable to organize and carry out, with just a little pre-planning. Start with what interests your children. When you pick a topic that fascinates children, you pave the way for a fun, interactive experience. The first day should include an exploration of the topic, providing an opportunity for the children to learn more about the subject of the cluster. You might use clips from documentaries, you might take a trip to the local library, or you might create an extensive web search and scavenger hunt based on the topic. On day one you can also decide what project you might want to create or what skill you might want to cultivate as you learn more about this topic. Usually, day three or four is reserved for creating and showcasing projects and skills. Next, explore what businesses, museums, historical sites, farms or other places in the area might be open to a visit. Clusters are most meaningful when they are authentic. Alternately, there may be a practicing professional who is open to a virtual field trip or interview. Model creativity for your children as you seek out an immersive opportunity that will allow your children to understand how their interests might turn into careers or vocations. Librarians and museum staff can be extremely helpful with this step! Finally, allow your children time to create a project or product based on what they learned, and encourage them to share their creations and new skills with others.

To learn more about Academy Hill and our unique educational programs for students PreK – grade 8, please visit www.AcademyHill.org. We are now accepting application for the 2021 – 2022 school year (there are limited openings in PreK and Kindergarten for the current year).

Did you know? STCC classes are designed for transfer to 4-year colleges?

Whether your goal is a 2-year degree or to save money on a 4-year degree, **Springfield Technical Community College** is always here for you.

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STCC from previous page

A student at UMass Amherst as a pre-med major, she found herself increasingly unhappy.

"I felt like it was a space that did not welcome me and who I was, and it wasn't that anybody was mean," she said. "You feel yourself to be excluded and invisible yet in other ways hyper-visible."

She quit the program in her senior year and worked in various fields, including in payroll, that used her passion and talent in mathematics. Later, working at an engineering firm, she discovered she had love for and skill in engineering, and was promoted to an engineering position without the degree. The company encouraged her to earn her degree, which is when she enrolled at STCC and found her home.

Gardner-Thomas believes what she found at STCC – and what can be offered in an intentional way at other institutions – is building a sense of community for people who feel sidelined and invisible by offering study groups, inviting people for dinner, having social events, "so you feel like you have a family away from your home." Another strategy is to pair-up newer students with others who are more seasoned in a supportive, mentoring relationship.

"That is what I instill in the students I work with – that as you go through, you pave the way for others to come through," she said.

Women on the STEM faculty at STCC are trying to do just that. McGinnis-Cavanaugh, a 1998 STCC graduate, said she was very often the only woman in the classroom during her time at STCC and also at UMass, where she graduated in 2001. And the numbers of women in STEM majors are still too low, she contends, which is why in 2014 she started a STCC chapter of the Society of Women Engineers and opened it to all women in any STEM major.

"I just thought it would be great for our students to have an organization that valued them," she said. "It just really opens their eyes to what's out there in the world in terms of STEM pathways."

McGinnis-Cavanaugh says over her 16 years on the STCC faculty, while she's seen improvement in the situation for women in STEM, she's not satisfied.

"I think it's better, but I don't think it's good," she said. "I think we have a ways to go on that."

Barbara Washburn, interim dean of the STEM school at STCC, said she believes raising awareness in the general public about what STEM fields are will help open doors for women, as do special programs that provide guidance and mentorship to young women in the field.

Gardner-Thomas contends STCC is an institution that in a sense has no choice but to be welcoming because of the people who attend.



Carolyn Gardner-Thomas Beth McGinnis-Cavanaugh Aminah Bergeron

"Naturally you will see people that look like you. I'm a big advocate for community colleges that sit in the inner city," she said. "That is an environment that has to be welcoming because that's who's there."

Meanwhile, Gardner-Thomas was among several speakers featured at a STEM careers symposium held in October 2020. In her talk, she ticked off a list of the problems facing the world that the STEM field will be instrumental in addressing, issues such as health crises (including COVID), climate challenges, food and water insecurity, and equity in education.

"The list is long and we need you – we need all of who you are. We need people that look like you with your unique identities and intersectionalities of identities so if you are an immigrant, Black, a woman like

myself, we need your experiences; we need your background," she said. "This is the way we're going to be able to solve problems."

Aminah Bergeron is among those who has gotten that message loud and clear.

"STEM has always been a male-dominated field, but with the future generation we can change that," she said. "I encourage women to pursue a career in STEM. When women come together and work with each other, we come up with ideas that are out of the ordinary."

Interested in applying to STCC? Visit stcc.edu/apply or call Admissions at (413) 755-3333.

About Springfield Technical Community College

STCC, the Commonwealth's only technical community college, continues the pioneering

legacy of the Springfield Armory with comprehensive and technical education in manufacturing, STEM, healthcare, business, social services, and the liberal arts. STCC's highly regarded workforce, certificate, degree, and transfer programs are the most affordable in Springfield and provide unequalled opportunity for the vitality of Western Massachusetts. Founded in 1967, the college – a designated Hispanic Serving Institution – seeks to close achievement gaps among students who traditionally face societal barriers. STCC supports students as they transform their lives through intellectual, cultural, and economic engagement while becoming thoughtful, committed and socially responsible graduates.

JOB POSTING

Youth Engagement Coordinator *Quaboag Hills Prevention Partnership & Town of Ware*

Overall Duties:

The Youth Engagement Coordinator will strategically identify, recruit, and engage with individuals and organizations serving youth and young adults to bring a 'youth voice' and participation into planning processes and activities that deliver proven prevention strategies to reduce youth substance use in the Quaboag Hills region. The Youth Engagement Coordinator will continually help build the capacity of and sustain the Partnership's work with youth on underage drinking, nicotine and marijuana use, insuring that programs and activities are youth-driven and youth-led. Will work with Prevention Partnership team to ensure that required reports and data collection are completed.

Qualifications:

B.A. or B.S in Public Health or related field preferred. Prior experience in health-related outreach/communications with youth and young adults, community organizing and health planning. Understands unique needs of and works effectively with youth/ young

adults. Excellent writing skills, including promotional/outreach materials; knowledge of the workings of municipal government; strong computer skills including knowledge of social media tools that reach youth. Must demonstrate: sensitivity to, and awareness of cultural, racial, ethnic, economic, and social diversity including LGBTQ; awareness of community strengths and rural culture; ability to interact with a variety of stakeholders; ability to work independently and as part of a team; ability to maintain objectivity, fairness in dealing with people.

Salary & Hours:

Position is a Town of Ware employee and funded by a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA); position 28 hours per week with potential for the job to become full-time in the future. Hours are primarily 9-5 Monday through Friday; some evening/weekend meetings and events.

To apply for the position, E-mail a Cover Letter and Resume to:

Gail Gramarossa, Project Director, Quaboag Hills Prevention Partnership
ggramarossa@townofware.com



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PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Hampshire Probate and Family Court
15 Atwood Drive
Northampton, MA 01060
(413)586-8500
Docket No. HS20P0679EA
Estate of: Joan P. Sullivan
Also known as:
Joan Phyllis Sullivan
Date of Death: 11/11/2020
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Julie A. Nicolielo** of Ware MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Julie A. Nicolielo** of Ware MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 01/27/2021.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE

CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Linda S Fidnick**, First Justice of this Court.
Date: December 24, 2020
Michael J. Carey
Register of Probate
01/07/2021

Commonwealth of Massachusetts
The Trial Court
Hampshire Probate and Family Court
15 Atwood Drive
Northampton, MA 01060
(413)586-8500
Docket No. HS20P0666EA
Estate of:
Frederick John Wojick, Jr.
Also known as:
Fred Wojick, Jr., Frederick J. Wojick, Jr.
Date of Death: 09/01/2019
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Dana E. Wojick** of Blandford, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Dana E. Wojick** of Blandford, MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

tration.
IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 01/27/2021.**
This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

istration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.
WITNESS, Hon. **Linda S Fidnick**, First Justice of this Court.
Date: December 22, 2020
Nichael J. Carey
Register of Probate
01/07/2021

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

Baystate Health guidelines amid increase in COVID-19 cases in the community

STAFF REPORT

SPRINGFIELD – In response to rising COVID-19 cases in the community, Baystate Health – for the safety of patients, caregivers and visitors – is instituting on Wednesday, Nov. 18 a fluid new visitor policy based on the Massachusetts Department of Public Health's tiered guidelines for the health and safety of patients, caregivers and visitors.

The tiers – also referred to as zones – are based on the number of COVID-19 positive patients in a city or town and how prevalent the virus is. Red zones are considered at the highest risk for COVID-19 followed in decreasing risk by yellow, green and gray zones.

Baystate Medical Center/Baystate Children's Hospital in Springfield, Baystate Noble Hospital in Westfield, and Baystate Wing Hospital in Palmer at this time are in the "red zone" and will allow no patient visitors. Baystate Franklin Medical Center in Greenfield is in the "green zone" and will allow one visitor.

The numbers will be reviewed weekly and the visitor policy may change in accordance with risk levels and the prevalence of the virus.

Exceptions to the visitor policy at all hospitals, with numbers of persons depending upon what zone the hospital is in at the time, include:

- Parent/guardian for COVID-19 positive and negative children
- Support person for labor, delivery and duration of hospital stay
- Hospice/end-of-life or for life-changing diagnosis
- Support person for patients with disabilities.

If in a zone that allows visitation, the hours continue to be daily from noon to 8 p.m.

Baystate Medical Practices and Baystate Health Centers are also following a tiered guideline based on the region's risk level.

Additionally, with the recent increase of COVID-19 cases in the community, Baystate Health is transitioning patient care appointments to virtual visits (telehealth or video) whenever applicable.

In place of in-person visits, Baystate Health supports and encourages keeping connected – especially during the holidays when wanting to stay in touch with family and friends in the hospital – the use of virtual visits through technology such as iPhones, iPads and other devices.

For an up-to-date listing of visitor policies at all Baystate Health hospitals and outpatient sites throughout Franklin, Hampshire and Hampden counties, visit BaystateHealth.org/COVID19.

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BELL & HUDSON INSURANCE AGENCY INC., 19 North Main St., Belchertown, MA 01007. Tel. 413-323-9611, 800-894-9591. Fax 413-323-6117. Home, auto, life, commercial, group health.

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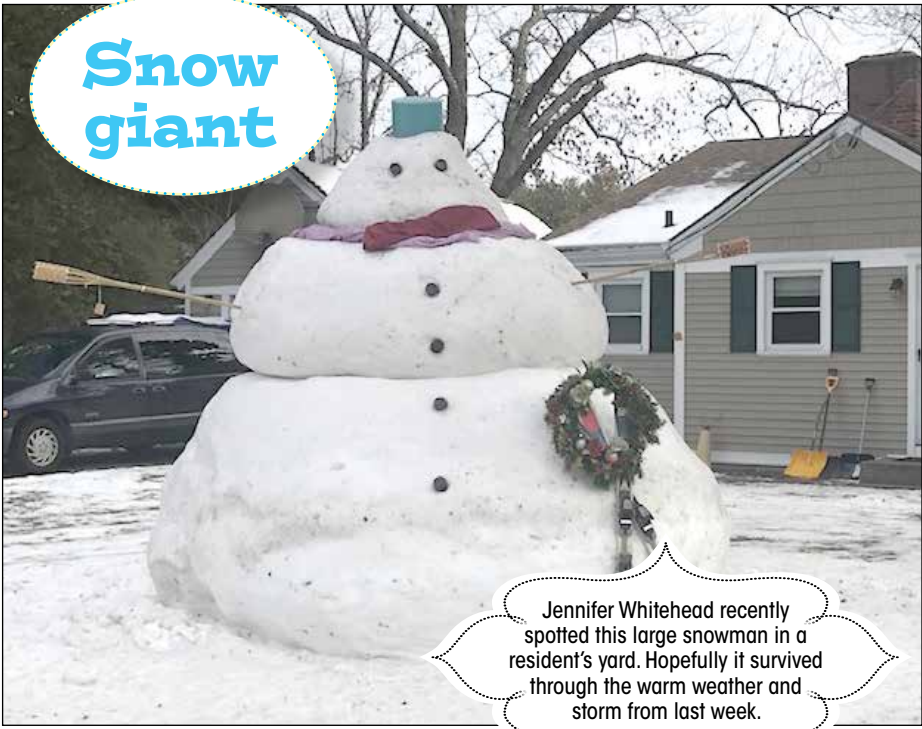
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COURTESY PHOTOS
George Lapointe sent photos of a couple of visitors at his birdfeeder the other day on Jensen Rd.



■ BUSINESS

Coldwell Banker hires new realtor

AMHERST - Coldwell Banker Community Realtors (CBCR) is pleased to announce the addition of Realtor Courtney Kinney to their roster of professional real estate agents serving Franklin and Hampshire Counties.

Kinney is originally from Eastern Massachusetts and attended the University of Massachusetts Amherst from 2007 to 2011. She stayed in Western Massachusetts and worked at UMass Amherst in Student Affairs for eight years. While working, she earned a Master's Degree in Applied Data Science from Bay Path University.

"We're happy to have Courtney on our team," said Brian Megliola, owner of Coldwell Banker Community Realtors. "She has already bought and sold 3 homes over the past few years through Coldwell Banker, giving her first-hand knowledge of the processes involved in the buying and selling of homes. You will definitely want her on your team if you're thinking about buying or selling a home."

Kinney decided to make the move to real estate and the Coldwell Banker Brand not only for the company's industry innovations and technology, but also because locally owned Coldwell Banker Community Realtors has a marketing department, agent support and training, where most real estate companies do not.

Kinney is a member of the Realtor Association of the Pioneer Valley, the National Association of Realtors and the Massachusetts Association of Realtors. As a Realtor with Coldwell Banker Community Realtors, her primary focus will be residential real estate



COURTESY PHOTO
Courtney Kinney

in Hampshire and Franklin Counties. She can be reached at 413-800-5134 or Courtney.Kinney@cbCommunityRealtors.com

About Coldwell Banker Community Realtors

Coldwell Banker Community Realtors is an affiliated office locally owned by Brian Megliola and has four offices in the Pioneer Valley: South Deerfield, Shelburne Falls, Amherst and Northampton. The Coldwell Banker brand is the oldest and most established and respected residential real estate franchise system in North America and has 3,000 offices in 49 countries. Please visit cbCommunityRealtors.com to connect with a local Coldwell Banker Real Estate Agent.



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